ABRAHAM LINCOLN: VAMPIRE HUNTER

ACTOR SHOWING A DIFFERENT SIDE OF AMERICA'S 16TH PRESIDENT PAGE 14

OTTAWA metro®

Monday, March 19, 2012

News worth sharing.

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Mother of two struck and killed while walking home

Suspect. After a punch from the victim's boyfriend, hit-and-run suspect ran away and hasn't been found

A 26-year-old mother of two twin boys was killed in a hit-and-run in Constance Bay Sunday morning.

Justin Hammond celebrated St. Patrick's Day with his girlfriend, Erin Vance, and they "did the smart thing" and walked home rather than drive, he said.

Hammond said he saw a car "flying" around the corner, at "well over 100 miles an hour."

He tried to get his girlfriend out of its way. "I pushed her hard, but not hard enough, I guess," he said.

Hammond said he got a good look at the driver. "I smashed his face in after he ran my girlfriend down," he said.

Then the man ran away, he added. Vance received immediate help from an Ottawa fire-protection engineer who lived next door.

The firefighter rushed outside, where he found Vance with no vital signs, and he called 911 and performed CPR until help arrived, said a fire department spokesperson.

Police said they have identified a suspect, but that they had not yet located and arrested him as of Sunday evening. **JESSICA SMITH/METRO**

More coverage (page 3)

Ottawa police investigate a fatal crash involving a dark blue Suburu on Bayview Drive in Constance Bay Sunday morning. Erin Vance died early Sunday when a car hit her and crashed. The driver then ran away. MIKE CARROCCETTO/FOR METRO

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Three-alarm blaze

Garage burns in Orleans

Firefighters rushed to a two-storey attached home in Orleans Saturday evening. Crews reported smoke and flames visible from the garage on Long Bow Gate and immediately confirmed that no one was in the home.

The fire caused $360,000 in damage to the home and its contents.

METRO

Failed assault

Woman fights off attacker

A woman in her 70s fought off an attempted sexual assault when she was attacked in a parking lot near Woodroffe and Byron Avenue at about 10 p.m. Friday.

Police said a man pushed her back into her car, struck her and then attempted to sexually assault her. She resisted him and he fled on foot.

The suspect is white, 50 to 60 years old, with wavy silver hair combed forward. He was about five foot nine with a medium build, and wearing navy blue windbreaker jacket, jeans and white runners.

METRO

Assault

Police arrest stabbing suspect

A 27-year-old man suffered a deep cut on his forearm Saturday morning in the 1000 block of Scott Street.

The suspect, a 22-year-old man, was arrested at the scene. He now faces a number of charges including assault causing bodily harm.

METRO

Art competition

Artists inspired by community

Local artists Alisdair MacRae and Negar Seyfollahy won the public-art competition for the Kanata North Recreation Complex, city officials announced Friday.

The artists will create an original commission based on community interaction, dialogue and collaboration for the stake plaza.

MacRae examines issues of community and exchange in his work, while Negar Seyfollahy has studied archaeology and heritage studies.

METRO

Erin Vance is seen in this Facebook photo. Vance was killed when she was struck by a car Sunday. CONTRIBUTED

‘Happy-go-lucky’ victim remembered after collision

Hit-and-run. Erin Vance’s boyfriend, boss speak to Metro after deadly encounter with careening car that took the life of his high school sweetheart

JESSICA SMITH
jessica.smith@metronews.ca

Erin Vance was a “happy-go-lucky” girl, her boyfriend said, hours after she was hit and killed by a car as they walked home from a St. Patrick’s Day celebration in Constance Bay.

Justin Hammond met Vance, 26, in high school. “Everybody loved her,” he said.

Vance, from Dunrobin, was the mother of two twin five-year-old boys.

“She was a good mom. She was a really, really, really good mom,” said Beth Ross, her boss at Quarry Park Equestrian Centre in Dunrobin. “Those little boys have lost somebody very special. And we’ve lost somebody very special. Her family has, and her friends have and I’m not sure anybody knows what they’re going to do.”

Vance was the barn manager and planned to build on her strengths as a rider and competitor and move into coaching over the next couple of years, said Ross.

Justin Hammond stands at the scene of the tragic incident and ponders what more he could have done to save Erin Vance’s life. MIKE CARROCCETTO/FOR METRO

“I’m not sure what Quarry Park will be without her,” she said. “We sort of run it as a team here and she was my lieutenant. I depended on her for a lot.”

Ross said Vance was a “cool cucumber” under stress and would never react with anger — even when it might have been justified. “She’s one of the most easygoing roll-with-the-punches people on the planet,” Ross said.

“I can’t imagine there’s one person on the planet who has a bad thing to say about her. How we would define her is a good person. If you were to look in the dictionary under the definition of what a good person is, definitely her name would be up there.”

Sexual assault. Man charged with child luring after parents alert police

Police charged a 66-year-old Ottawa man with several counts of sexual assault and other offences after the parents of a 15-year-old boy went to police.

Marcel Vincent was arrested Friday and charged with several counts of sexual assault, invitation to sexual touching, sexual interference, luring via a computer, procuring a person under the age of 18 for a sexual purpose and abduction of a person under 16 years of age.

Police launched their investigation after parents complained that their 15-year-old son was lured online to meet the man.

Anyone with information is asked to contact Ottawa police at 613-236-1222, ext. 5944, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

METRO

Basketball. Ottawa ousted in semis of CIS women’s championship

The Ottawa Gee-Gees’ bid for a Canadian women’s basketball championship came to an end on Sunday with a 59-51 loss to the University of British Columbia in the national CIS semifinal.

Bess Lennox led third-ranked Ottawa with 11 points in a losing cause. Jenna Gilbert and Hannah Sunley-Paisley both chipped in with nine points apiece. Sunley-Paisley also had 17 rebounds for the Gee-Gees.

On Saturday, Sunley-Paisley had a game-high 21 points with six rebounds to lead Ottawa past the No. 6 Saskatchewan Huskies, 73-70, in overtime in quarter-final action.

Gilbert, an Ottawa native, scored 20 points and was named game MVP.

Ottawa will now play for bronze on Monday. They’ll face the loser of the Windsor and Calgary game. They were facing off late Sunday night.

METRO

1 NEWS

Mobile news

Officials in Marseille are evacuating an area around the French Mediterranean city’s port so they can remove a bomb that dates to the Second World War. Scan the code for the story.

On the web

Nothing says St. Patrick’s Day like a riot

St. Patrick’s Day celebrations turned ugly as 1,000 rioters squared off with London, Ont., police and firefighters Saturday night. Watch at metronews.ca/video

Ottawa smashes March temperature records

Sunshine.
Environment Canada says unseasonably warm weather will to continue this week

GRAHAM LANKTREE
ottawa@metronews.ca

You were still much more likely to need sunscreen than snow boots as Ottawa continued to rack up warm-weather records Sunday.

Not only was it the warmest March 18 ever recorded, with temperatures reaching 24 C by 4 p.m., Environment Canada meteorologist Narcera Chergui said it was close to exceeding the highest-ever temperature in the entire month of March. (That would be 25.6 C, a record set back on March 28, 1945.)

Chergui said warm southwesterly winds and clear skies mean this streak of unseasonably warm days won't be interrupted today.

"The sky is clear and the wind is southwestern and the air mass, which is in the south, is coming through southwestern Ontario," she said, "And it's very warm with a lot of humidity."

That humidity, she said, might mean a two or three-hour thunderstorm Monday — another rarity this early in March.

Monday's forecast calls for a high of 21 C.

A busker juggles knives for a crowd gathered in the ByWard Market. Temperatures smashed records with an unseasonably warm 24 C. GRAHAM LANKTREE/METRO

Health

Officials monitoring salmonella outbreak

Ottawa Public Health says there are now 25 confirmed salmonella cases in Ottawa, four of which affect adults and the rest children.

The health unit says it believes two adults are unrelated to the others in the outbreak.

The ages of the children affected in the outbreak range from 15 months to 14 years.

The health unit is investigating a caterer that was serving at a daycare as a potential source of the outbreak. **METRO**

Aljuice

Fruit drink recalled for possible glass fragments

Aljuice brand Fruit Beverages are being recalled because they may contain harmful glass fragments.

The affected products were sold in 473-millilitre glass bottles and distributed in Ontario.

As yet, there have been no reported injuries associated with the products.

AllJuice International Inc., of Thornhill, Ont., is voluntarily recalling the affected products from the marketplace.

And the Canadian Food Inspection Agency is monitoring the effectiveness of the recall. **THE CANADIAN PRESS**

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Third robocall protest draws small crowd on Parliament Hill

For the third time in as many weeks, protesters gathered on Parliament Hill Sunday to pipe up about the robocalls scandal.

Some of the small group of 30 to 40 activists gathered on the Centre Block steps raised the question of whether interest in the issue among Canadians is flagging.

"Harper wants nothing more than to get this story off front pages," speaker Ute Thomas said to the crowd.

"I have politically engaged friends who would not come out to this event and that is the way democracy goes downhill."

A German immigrant who came to Canada 45 years ago, Thomas said she has seen first-hand what it means to lose a democracy. "I came to a country that had free and fair elections and (I) have strong convictions about what that means for a free and fair society."

Thomas was just one of several people — at what organizers called a "public forum" rather than a protest — who stood up to demand everything from a Royal Commission to more oversight and safeguards from Elections Canada to an end to robocalls altogether.

"The issue is with people's voices not being heard, and that's why we've chosen this public-forum model to counteract that," says Shane Davis-Young, one of the event co-ordinators.

"We're getting more organized and these events will only grow," he said, adding the group is not going anywhere and will continue to gather on the Hill every Sunday. **GRAHAM LANKTREE/METRO**

Protesters gather Sunday on Parliament Hill. GRAHAM LANKTREE /METRO

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MARRIED WITH KIDS

With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

The *Scotia Momentum*® VISA* card provides 2 per cent cash back on everyday spending such as gas, groceries, drugstore items, and recurring bill payments, and 1 per cent cash back on all other eligible purchases. While the annual fee for the card is $39, there's always a much higher return at the end of the year.

Every November (when the payout is made), the cash back lump sum is automatically deposited into their joint savings account.

"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

Scotia Momentum® Cash Back Calculator

Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

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Grocery Store		$ 225
Gas Station		$ 225
Drug Store		$ 150
Recurring Bills		$ 100
Other		$ 800
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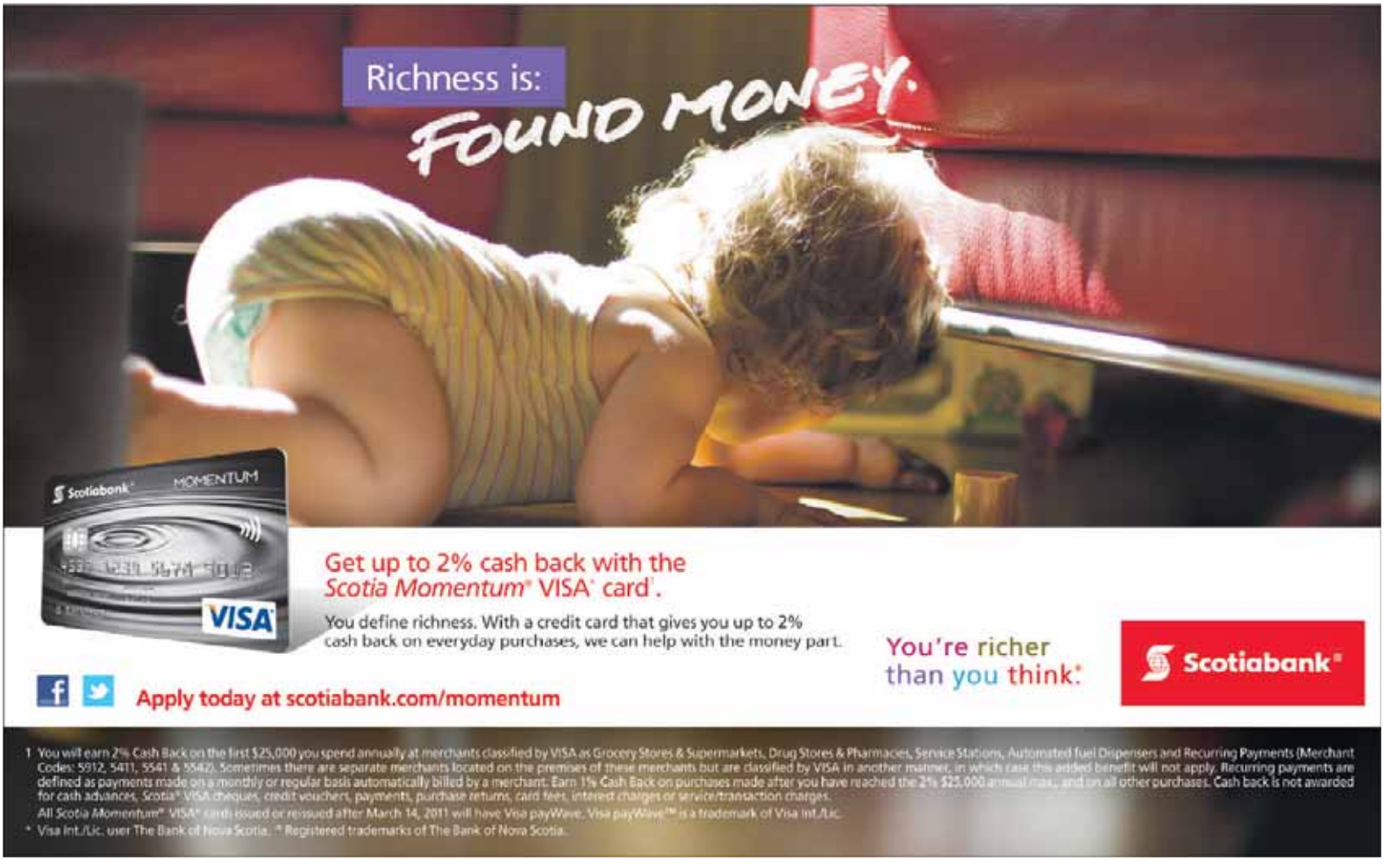
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Police probe St. Patrick's Day violence in London, Ont.

Civil disobedience. People who witnessed, participated in Saturday riot near Fanshawe College asked to come forward

ANGELA MULLINS
Metro in London

Increased police patrols and more visits from bylaw-enforcement officers are expected in the neighbourhood around Fanshawe College in London, Ont., after St. Patrick's Day parties spun out of control late Saturday.

Eleven people — seven of whom are Fanshawe students — have been arrested on charges including resisting arrest, assaulting police and unlawful assembly, police Chief Brad Duncan said Sunday morning. More arrests are expected as investigators compile witness statements and comb through videos and photos posted on social-media sites, Duncan said.

What happened was nothing less than a riot fuelled by a mob mentality that saw beer bottles and bricks thrown at police and firefighters, Duncan said. Seventeen police vehicles were damaged and some officers had minor injuries.

At least $100,000 worth of damage was done to city property, including broken streetlights and melted asphalt from at least one fire.

It was "the worst case of civil disobedience that our community has ever been subjected to," the chief said. "(There) ... was a complete disregard for the police presence. In fact, I've heard some of our officers refer to it as a war zone.... They've never experienced that kind of volatility."

The mob reached about 1,000 people at its peak.

A mob consisting of an estimated 1,000 people was on Fleming Drive in London, Ont., Saturday night. ARTEM ROSNOVSKIY/FOR METRO

Runway reopens at T.O. airport

A closed runway that caused delays and cancellations at Canada's busiest airport early Sunday was back in use by mid-morning after heavy fog that shrouded the facility began to lift.

The runway at Toronto's Pearson airport had been closed after a fire in a maintenance area on the airfield damaged electrical systems required to operate runway lights.

In the morning's low visibility, the runway couldn't be used without sufficient lighting.

The closure of one of the airport's five runways, combined with the heavy fog, caused widespread flight delays and cancellations as the airport's capacity for arrivals and departures was reduced.

The runway was back in service just before 11 a.m. after the morning's fog lifted.

THE CANADIAN PRESS

Grounded in Beijing

Stranded passengers gather around an electronic flight-information board following bad weather that delayed and cancelled flights at Beijing International airport on Saturday. VINCENT THIAN/THE ASSOCIATED PRESS

NDP expected to hang on

Byelection today for Layton's old Toronto riding

Voters go to the byelection polls Monday to choose a successor for Jack Layton, whose star power still casts a strong light over the riding he held for seven years until his death last August.

The vote, which will have little effect on the country's bigger political picture, has hardly caught the attention of the wider public, with both polls and pundits suggesting the New Democrats will have no trouble hanging on to Toronto-Danforth.

"You have people who I don't think have completely forgotten the memory of Jack Layton, and that will loom significantly over how people choose to cast their vote," said Bryan Evans, a professor of political science at Ryerson University.

"And the reality is: it is a riding with a bit of a tradition for voting for the NDP."

Craig Scott, a professor, human-rights lawyer and neophyte politician, is running for the New Democrats.

The Liberal candidate is Grant Gordon, an advertising executive, while the Conservatives are being represented by Andrew Keyes, a communications consultant.

THE CANADIAN PRESS

Election signs are seen in the Toronto-Danforth riding Friday. RICHARD PLUME/THE CANADIAN PRESS

Sex abuse scandal

Ex-hockey coach to be sentenced

Another chapter in the sex-abuse scandal that rocked Canada's hockey world is expected to come to a close Tuesday when ex-coach Graham James is sentenced for repeatedly molesting two of his young players.

James pleaded guilty in December to sexually abusing NHL star Theoren Fleury and his cousin Todd Holt when they played for him in the Western Hockey League in the 1980s and '90s.

THE CANADIAN PRESS

Charges expected in Afghan killing spree

Staff Sgt. Robert Bales, accused of killing 16 Afghan villagers, participates in an exercise at the National Training Center at Fort Irwin, Calif., in this photo from last year. SPC. RYAN HALLOCK/THE ASSOCIATED PRESS/DVIDS

Military trial. Lawyer for sergeant accused of killings to visit with client in light of looming charges

With formal charges looming against his client within days, the lawyer for an army sergeant suspected in the horrific nighttime slaughter of 16 Afghan villagers was flying Sunday to Kansas and preparing for his first face-to-face meeting with the 10-year veteran.

John Henry Browne of Seattle said he planned to meet Monday with army Staff Sgt. Robert Bales, who is being held in an isolated cell at the Fort Leavenworth maximum-security military prison.

Bales, 38, hasn't been charged in the March 11 shootings, which have endangered relations between the U.S. and Afghanistan and threaten to upend U.S. policy over the decade-old war.

But formal charges are expected to be filed within a week and if the case goes to court the trial will be held in the United States, said a legal expert with the U.S. military familiar with the investigation.

Bales' defence team said in a statement Saturday that "it is too early to determine what factors may have played into this incident and the defence team looks forward to reviewing the evidence, examining all of Sergeant Bales' medical and personnel records, and interviewing witnesses."

THE ASSOCIATED PRESS

What happened?

- **Alleged.** Military officials say that after drinking on a southern Afghanistan base, Bales crept away on March 11 to two slumbering villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children, and 11 belonged to one family.

Shooting

U.S. teacher shot dead in Yemen

Two gunmen on a motorcycle shot dead early Sunday an American teacher working at a language institute in a central Yemeni city, the region's provincial governor said.

Hamoud al-Sufi said the teacher was shot in his car in Taiz City. He did not have details on who the killers might be, and said an investigation is ongoing.

Much of Yemen saw a collapse of central state authority during the year-long uprising against longtime leader Ali Abdullah Saleh.

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Occupy protesters forced out by police

Zuccotti Park. Seventy-three detained at protests to mark six months of Occupy Wall Street

Robert Neuwirth types on an old-fashioned typewriter as part of an art project in Zuccotti Park before a march to celebrate sixth-months of the protest movement on Saturday in New York. JOHN MINCHILLO/THE ASSOCIATED PRESS

Protesters marking the six-month mark since the start of the Occupy movement were taken into custody by police officers who poured into Zuccotti Park after warning those who had gathered there that it was closed.

Police said 73 people were detained. It was unclear how many were still in custody Sunday afternoon.

Some demonstrators had locked arms and sat down in the middle of Zuccotti Park near Wall Street — where the protest movement started last September — after police announced on a bullhorn at around 11:30 p.m. Saturday that the park was closed.

Officers then entered the park, forcing out most of the crowd and surrounding a small group that stayed behind. Police formed a human ring around the park to keep protesters out.

An unused public transit bus was brought in to cart away about a dozen demonstrators in plastic handcuffs. One female under arrest was taken away in an ambulance.

THE ASSOCIATED PRESS

Germany. Activist Joachim Gauck named country's new president

Joachim Gauck THE ASSOCIATED PRESS

A far-reaching majority of lawmakers elected former East German pro-democracy activist Joachim Gauck as Germany's new president Sunday.

The 72-year-old Gauck is an outspoken former Lutheran pastor and relentless advocate of democracy and civil rights who enjoyed the backing of most major parties. He received 991 of the 1,232 ballots cast.

The ex-communist Left party's candidate Beate Klarsfeld secured 126 votes, the far right NPD party's candidate Olaf Rose only three, and there were 108 abstentions, said Norbert Lammert, the president of Germany's Parliament.

Gauck appeared moved as he accepted the election to become the country's new head of state, a largely ceremonial role.

THE ASSOCIATED PRESS

Allegedly al-Qaida

German man faces 10 years as terror trial kicks off

A German-Afghan man whose information helped prompt terrorism warnings across Europe in 2010 goes on trial Monday on charges that he was a member of al-Qaida and another terrorist group.

Ahmad Wali Siddiqui was captured by U.S. troops in Afghanistan in July 2010 and while in custody provided details on alleged al-Qaida plots supposedly targeting European cities.

No attacks materialized.

THE ASSOCIATED PRESS

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Solar storms, volcanoes seen as threats to Britain

Britain has added volcanoes and solar storms to floods, flu and terrorism on a list of threats to national security.

The highest-priority risks to Britain are pandemic influenza, coastal flooding, terrorist attacks and — a new addition — volcanic eruptions in countries like Iceland, according to the recently published 2012 edition of the government's National Risk Register for Civil Emergencies.

"Severe space weather" poses a threat to communications systems, electronic circuits and power grids, the list said. Solar storms — eruptions of magnetic energy and charged particles — are part of the sun's normal 11-year cycle, which is expected to reach a peak next year.

The storms can't hurt people, but can disturb electric grids, GPS systems and satellites. In 1989, a strong solar storm knocked out the power grid in Quebec, cutting electricity to six million people. Last week, the strongest solar storm since 2004 passed without major disruptions.

Mount Etna volcano in Italy. CARMELO IMBESI/THE ASSOCIATED PRESS

Last month, the U.K. Parliament's defence committee called on the government to prepare for disruptions to electrical supplies and satellites from electromagnetic pulses — whether caused by the sun or by a nuclear weapon exploded in space.

Space war is not included on the British government's risk register.

"We are becoming more and more reliant on technology, and that technology is becoming more and more delicate," the committee's chairman, Conservative lawmaker James Arbuthnot, told Sunday's edition of The Observer newspaper. "Be afraid, very afraid."

Launched in 2008, the risk register assesses threats that are likely to endanger human welfare, the environment or security in Britain. It is the public version of the National Risk Assessment, which is classified.

Volcanic eruptions have been added to the list since the last edition in 2010. Ash from the April 2010 eruption of Iceland's Eyjafjallajokull volcano grounded European air travel for days.

But the British government says a more serious risk is posed by an effusive, or gas-rich, eruption. The 1783-84 Laki eruption in Iceland sent out noxious gases that spread as smog across Europe. The government said such an eruption "is now one of the highest-priority risks" Britain faces.

THE ASSOCIATED PRESS

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IMF head

Recovery has a long way to go

Speaking at a conference in Beijing the head of the International Monetary Fund warned Sunday against complacency about global finance despite improved conditions.

Christine Lagarde said the global economic recovery will be "a marathon, not a sprint."

THE ASSOCIATED PRESS

Oil spill

Brazil to charge Chevron execs

Brazilian prosecutors said Saturday they will file criminal charges against 17 executives of Chevron Corp. and drilling contractor Transocean Ltd. for a new oil leak near the offshore well where at least 416,000 litres spilled late last year.

Those targeted include George Buck, chief operating officer for Chevron's Brazilian division, federal prosecutors' spokesman Marcelo del Negri said by telephone.

Prosecutors have also asked the court for an order prohibiting the 17 from leaving the country, he said.

A spokeswoman for Chevron in Brazil said the company had no comment because it had not been notified of the decision. She asked not to be identified in line with internal regulations. On Thursday, Chevron confirmed that there was a "small new oil seepage" and that it was working to collect the crude.

THE ASSOCIATED PRESS

George Buck, Chevron Brazil CEO
VICTOR R. CAIVANO/THE ASSOCIATED PRESS

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GPS was just the start ...

Driver Ben Gleitzman uses a traffic and navigation app called Waze on his Apple iPhone as he drives to work in Menlo Park, Calif. Thousands of enthusiasts travelling the world using little more than GPS-equipped smartphones are helping Waze and other services to build in-depth maps of cities and countries around the world. PAUL SAKUMA/THE ASSOCIATED PRESS

Economists. Action needed on mortgages

Pressure is building on Finance Minister Jim Flaherty to intervene for a fourth time on mortgages to keep Canada's housing market and household debt in check.

TD Bank's chief economist Craig Alexander has suggested three options and asks the minister to choose one, including reducing the maximum amortization on mortgages to 25 years from 30 or hiking the minimum down payment to seven per cent from five.

Capital Economics analyst David Madani believes it may already be too late to tighten mortgages and that house prices are due to start falling.

THE CANADIAN PRESS

Finance Minister Jim Flaherty
SEAN KILPATRICK/THE CANADIAN PRESS

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SUCKERS: OUR MOST PRECIOUS RESOURCE?

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

When I stop at my corner store for a newspaper and some bus tickets, the guy at the counter always asks me if I'd like some lottery tickets, even though the answer is always no.

When he asks, "Any 6-49?" all I hear is, "Would you care to crumple up a twenty, throw it on the floor and then come back tomorrow to see if there's a million bucks sitting there in its place?"

At least bus tickets give you a fighting chance of getting where you want to go on time.

Still, the Ontario Gaming and Lottery *Corporation* wants to make it easier to buy lottery tickets, offering them online and at big-box-store checkouts, as part of a larger overhaul of operations, possibly including a casino in Ottawa, to increase the government's take from gambling.

They won't get much from me. I'm too cheap to really get much of a thrill from casinos. I'll walk in with maybe $60 I never intend to see again, and if I find myself twenty bucks up, I'll cash out and walk out.

A wad like that doesn't last long at Lac-Leamy, so I spend the balance of the time people-watching, taking in the intensity of the faces around the higher-stakes tables, the weird vacancy of some slots players who seem to become one with the machine, or the quiet, tense folks taking a smoke break out on an outdoor balcony, perhaps trying to absorb recent financial developments at the tables. (Any Ottawa casino will have to contend with our new smoking bylaw, making it harder to treat any gambling-inflicted injuries with nicotine.)

But while the OLG plans have already resulted in political battle lines being drawn over a proposed casino for Toronto, the reaction has been considerably sleepier here, with Mayor Jim Watson saying only he'd like to keep some of the cash currently gushing into Gatineau on this side of the river.

Maybe since we've had a casino on the other side for years and it hasn't destroyed the social fabric of the National Capital Region, we're a little more blasé in Ottawa.

Casino debate

"Gambling, by any rational measure of risk and reward, is pretty dumb."

Catherine Schellenberg, spokesperson for the Lac-Leamy Casino, expects the debate will heat up when a specific location is chosen.

"The not-in-my-backyard phenomenon is huge," she said. "There's going to be all kinds of so-called gambling experts that are going to be putting their opinions out there about what's going to happen if you build another casino, and that will have to be addressed."

These people will be armed with a lot of data about how revenue depends, to a disproportionate degree, on people with gambling problems, about the inadequacy of measures taken to protect them, and about the economic effects of money disappearing down the casino money hole instead of going to local restaurants and other businesses.

Gambling, by any rational measure of the risk and reward, is pretty dumb, and I would advise anyone against betting the month's mortgage payment in hopes of paying off the house. In small doses, though, with money you can afford to lose, it's a perfectly amusing night out.

Small doses, though, don't seem to be in the OLG prescription, which calls for raising another $1.3 billion a year from gambling to help shrink the province's $16-billion deficit.

It'll be hard to do that unless more people make more stupid decisions with their personal finances to help put Ontario back in the black. Maybe we're hoping to fleece as many out-of-province tourists as much as possible. They'll leave their money here and take any resulting problems home with them. The province and the city will take their cut of the action, and fiscal health will be restored, thanks to visiting suckers.

Gambling, though, is often described as a tax on stupidity, and no casino discriminates against a dollar because of where it happens to come from. Local suckers will also end up paying the toll.

Grand poobah of Chinese tea

THE ASSOCIATED PRESS

Exotic brew

Businessman selling tea grown in panda poo

A girl holds up tea leaves collected from a tea plantation fertilized with panda droppings in Ya'an in southwest China's Sichuan province Saturday.

Businessman An Yanshi is promoting the green tea, which he fertilized with the panda droppings.

THE ASSOCIATED PRESS

Just the bear facts

- Approximately 99 percent of a panda's diet — bamboo leaves and shoots — is void of much nutritional value.
- The panda lives a low-energy, sedentary lifestyle but persists in eating some 60 species of bamboo.
- Pandas must eat upwards of 30 pounds of bamboo daily just to stay full.

Source: WWF Travel Blog

Panda-ing to tea lovers

21

Yanshi stands on a truckload of panda droppings collected to be used as fertilizers for his tea farm. He wants to sell 21 commemorative sets packaged with 50 grams of the tea, panda-themed tea sets and his own art works for the price

Metropolitan Panel

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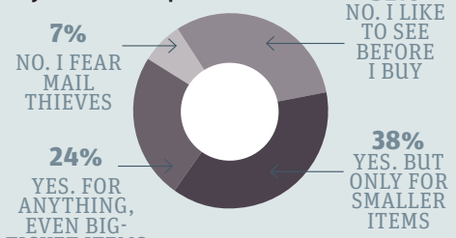

Twitter

@MaulerMauler
Environment Canada is reporting a HUMIDEX this afternoon in #Ottawa - WTF?! It is winter!

@TorriUmb
Patio season has begun! Dranks with the girls

@NotoriousAJE
Hope your enjoying your afternoon patio hunting. #theyreallfull #haha

@paulajroy
My whole neighbourhood seems to be barbequeing! #smellslikesummer #Ottawa

@AmandaC_Young
Warmer in #Ottawa than L.A. or Las Vegas!

@whalen_z
Stepped out into the Bizarro #Ottawa today. It's warm, sunny, and everyone's having a good time. #WhereAmI?

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Patio crawl with my mom? Loving this weather!

metro

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2
SCENE

Box office

21 Jump Street leaps to No. 1

21 Jump Street opened as the No. 1 weekend movie with $35 million. Sony's action comedy starring Jonah Hill and Channing Tatum took down the animated hit Dr. Seuss' the Lorax. The Lorax took second-place with $22.8 million. At No. 3 was John Carter.
THE ASSOCIATED PRESS

On the Web

In da club: Eminem drops in on 50 Cent's Get Rich or Die Tryin South By Southwest show

Actor Benjamin Walker says the makeup and training was intense for Abraham Lincoln: Vampire Hunter. HANDOUT

Benjamin Walker gets a crash course in stardom

Abraham Lincoln: Vampire Hunter. Actor playing America's 16th president is still getting used to press tours and conventions

NED EHRBAR
Metro World News in Hollywood

As the title character in the movie Abraham Lincoln: Vampire Hunter, which comes out in June, Benjamin Walker is getting something of a crash course in the publicity side of show business. The Juilliard-trained, Broadway-seasoned actor dons the stovepipe hat — and grabs an axe — to show a different side to America's 16th president. And he's loving every minute of it.

You don't have a lot of experience with press tours and conventions just yet, do you?
No, this is intense. I'm learning. Frankly, this is my full-time job. It's so strange because making the movie I thought would be a full-time job. Selling the movie is a full-time job. Talking about it.

How have the questions been?
They've been good. I think people are genuinely curious. They don't have to manufacture curiosity about this project because it's kind of out there.

It's all in the title, really.
Exactly. But I don't think people believe we're really taking it seriously. They're like, "So it's a comedy?" I'm like, "No, it's a period movie about Lincoln." When the first trailer came out, it kind of changed perceptions. We're not playing around.

You did your fair share for this film, between training and makeup.
Yeah, they kicked my ass, man. The makeup was six hours a day. And then you go to work. Then there's your 18-hour work day.

Are you allowed to sleep in the makeup chair?
I can't, because it's so uncomfortable. But what we did do was we rigged up a little flat-screen TV and watched three movies a sitting. And I got to watch all the movies I should've seen. Like we worked our way through Kurosawa. It was kind of amazing. And naturally the makeup guys were really into fantasy and special effects, and they showed me a bunch of great special effects movies. I got the history of special effects. And we also watch all the vampire movies ever made.

How was working with Timur Bekmambetov, your director on this film?
He's just a straight-shooter, man. "This is what it is, this is what we're making, buckle up." He's remarkable. He's like a professional six-year-old who has these fantastical ideas just out of nowhere. You never knew what you were going to be shooting on the day, and I love that. It was really kind of guerilla imagination work. You had the structure of Lincoln's life — we're really not playing with the events of his life. And Timur's so visually good. We'd do something 30 or 50 takes and I'm going, "What the f– is the problem?" And then he'd show me the dailies and it'd be, "Oh, that's why you did it? Do another 100. Do it until you get it." It's one thing to have a cool shot, but he has cool shots that are augmenting the story, that give you a perspective on what's happening ... and to me that's the goal.

More online

Go online to metronews.ca/scene to see Benjamin fielding some of our sillier questions

F@#%! I didn't use a condom.
Hot, sweaty, feverish – feels like the flu.
I'm fine. I'm fine. I'm just imagining this.
WTF is this rash on my stomach?
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Actor Joseph Gordon-Levitt learns about what it takes to be Bruce Willis

Looper. Gordon-Levitt plays a young Willis in sci-fi film with a time travel twist. How he channelled the iconic actor.

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt says he had a lot of fun studying the mannerisms of Bruce Willis for Looper. HANDOUT

After first teaming up on the high school noir Brick, actor Joseph Gordon-Levitt and writer-director Rian Johnson are back together for the mind-bending science-fiction flick Looper. Gordon-Levitt stars as a man who works as a time travel-assisted hit man for the mob who one day is confronted with a challenging target: his older self, played by Bruce Willis. While the film doesn't reach theatres until September, the pair hit WonderCon, in Anaheim, Calif., to begin the careful campaign of building interest in their new film.

You're bringing a movie like this to WonderCon, but obviously you don't want to give away too much about it. What's the fine line you walk to generate interest without giving too much away?

Rian Johnson: We were just having this conversation on the elevator, so we'll test it out on you. I don't know, it's weird because when you first start talking about a movie you have to figure out what to say and what to not say — especially with something like this. We're showing the first teaser trailer here and releasing a photo, and one of the big elements of the movie is how we made Joe into a younger version of Bruce Willis. I feel like that's kind of the first big thing we're showing people, how we attempted that. The two big elements of that were makeup and Joe's performance.

More online

Go online to metronews.ca/scene to watch Rian and Joe take Metro's Time Travel Pop Quiz

How much of a challenge was that for you, Joe, being turned into a young Bruce Willis?

Joseph Gordon-Levitt: It's kind of a dream. One of the things — if not the thing — I love about acting is becoming somebody else, and when you literally change your face that's a transition that's different from any other performance that I've ever done in my life. So there was the makeup, and then also just hanging around with Bruce, getting to know him, watching his movies and studying them, listening to his voice on my iPod all the time, developing that character. It was really fun.

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tvo makes you think

HBO axes horse racing drama Luck

Horse racing has long withstood the deaths of its skittish, injury-prone thoroughbreds. Hollywood proved it lacks the stomach for it.

HBO abruptly cancelled its racetrack drama series Luck this past week after three horses used in the production were injured and euthanized during 10 months of filming in the last two years.

The abrupt fall of Luck, which will end its single-season run on March 25, reveals the chasm between the racing and entertainment industries.

At the track, a horse puts its life on the line so gamblers can stake $2 US or more to win, place or show, with the industry and fans accepting the danger to animals and jockeys as a harsh part of the bargain.

With movies and TV, which offer the on-screen vow that "no animals were harmed" in the making of make-believe, consumers have scant tolerance for harm to any creature great or small.

John Ortiz is pictured in a scene from the HBO original series Luck. HANDOUT

"More people are pet owners than ever before. More people have access to information about animals ... and care more about them," said Karen Rosas, senior vice-president of the American Humane Association's TV and film unit that monitors animal safety for more than 2,000 productions annually.

During the past five years, the association encountered only one horse death outside of Luck, on the 2007 movie 3:10 to Yuma, Rosas said. Losing three horses on a single project was "unprecedented," she added.

The racing world stands in sharp contrast in both the measure of loss and reaction to it.

Two horses died in Britain's Grand National steeplechase meet last year, and four the year before, but the April event will proceed as it has since the 1830s.

The 2008 Kentucky Derby euthanasia of a captivating filly, Eight Belles, clouded but didn't derail the event that marks its 137th running in May.

In U.S. racing, there's approximately one horse fatality per 500 starts, according to Dr. Rick Arthur, medical director of the California Horse Racing Board.

He cited the Equine Industry Database posted online by The Jockey Club, which supports thoroughbred breeding and racing. THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

They kiss, we tell.

Hollywood's new, secret romances

THE WORD
Dorothy Robinson
scene@metronews.ca

Who's been in Hollywood, K-I-S-S-I-N-G?

Well, if you look towards the Chateau Marmont, you'll find a lot of new, smooching couples.

First up? Sources say Jason Segel has been quietly dating My Week with Marilyn star Michelle Williams for about a month, according to Us Weekly.

The pair reportedly first got acquainted during a four-hour date at the Chateau Marmont late last month.

"They were super giggly," a source says of Segel and Williams, who were briefly joined by her pal Busy Phillips that evening. Segel is keeping mum on the news, saying only, "I don't comment on my personal life these days."

And Cameron Diaz and Jude Law apparently also turned heads recently at the Chateau Marmont as well, when they reportedly were spotted making out on the patio, according to Hollyscoop.

Witnesses say Law picked up a $400 bar tab before the two headed to one of the bar's private bungalows.

But that apparently wasn't private enough, as another patron is said to have shouted, "Get a room" at the pair, who left shortly after.

Michelle Williams

Jason Segel ALL PHOTOS GETTY IMAGES

George Clooney

Post-arrest: Clooney embraces his activist street cred

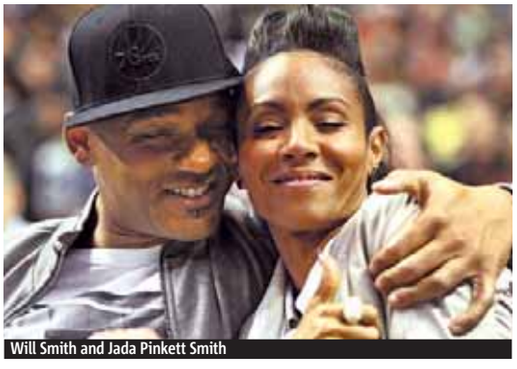
George Clooney is taking his recent arrest in stride.

"It's on my permanent record. And you know that picture's going to be all over everything," the actor and activist said during a press conference after his release.

Clooney was arrested for assembling outside the Sudanese embassy in Washington, D.C.

"Listen, what we've been trying to achieve today is we're trying to bring attention to an ongoing emergency," he said.

"You never know if you're going to accomplish anything, all we're trying to do is bring attention to a moment. We hope this brings attention to it."



Will Smith and Jada Pinkett Smith

Problems? What problems?

Fighting off rumours of marital strife, Will Smith and Jada Pinkett Smith showed up with their kids at the Miami Heat vs. the Philadelphia 76ers game on Friday night in Philadelphia.

Did Biebs over-imbibe with Selena and his grandparents?

Justin Bieber and girlfriend Selena Gomez reportedly had a bit of a rough night out in Florida after drinking too much at a sports bar before getting into an argument, according to the Tampa Bay Times.

"Justin stormed out of the bar and Selena chased him to the car," a source says.

"His security team drove them down the street to an alley where they had a private conversation. They then returned to the restaurant and upon leaving they all seemed like they had a little too much to drink even though they aren't old enough to drink."

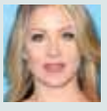
But the bar's owner, Mark Ferguson, insists that while Bieber's grandparents were drinking, the young stars were not.

Justin Bieber and Selena Gomez

Twitter

@HowardStern
New Macy Gray Cd really good. But why does music depress me so much? Bianca at my feet snoring and I get sad that she's so old.

@CarrieFFisher
"If I felt half as good as you looked, I'd go out and kill myself while it lasted." —from some old movie



@1capplegate
Woohoo Friday night sitting here playing words with friends woooooo!!!

@SethMacFarlane
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SNAP OF THE DAY

"Somebody's got a case of the Mondays"
submitted by Francesca Cuti

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3 LIFE

Pregnancy & Chickenpox

New guidelines

New guidelines suggest women who are thinking about getting pregnant or who become pregnant should know whether they are immune to chickenpox.

The Society of Obstetricians and Gynaecologists of Canada says pregnant women or women planning to conceive need to know their immunity status because of the risk the chickenpox virus poses both to them and their fetus during pregnancy.

The guidelines say pregnant women who have an hour or more of exposure to someone with chickenpox should inform their health-care provider.

THE CANADIAN PRESS

On the Web

Look who's talking about Sasha, Malia. It's Dad, keeping them in the conversation.

The majority of Canadian Internet users look up medical info. ISTOCK

Internet advice is not meant to replace your doc

Medicine. Think twice before diagnosing yourself or your children with a Google search

When Melodie Moore was recovering from a broken heart and wondering why her relationship had soured, Dr. Google had the answer: borderline personality disorder.

"I wanted to know what was wrong with me, that this boy didn't want to be with me," said the 22-year-old from Markham, Ont. Soon she had diagnosed herself with several ailments, including BPD and narcissistic personality disorder.

Moore was reading about personality disorders in preparation for her psychology studies. She hopes to begin an undergraduate degree at Trent University this fall.

"We live in the information age, but information can be a catch-22," said Moore. "It can be helpful, but the analytical side of us can also over-think things."

Moore is experiencing what Oakville psychiatrist Dr. Kenny Handelman calls "medical school syndrome." It's what happens to first-year med students when they start studying various diseases. Suddenly a simple headache becomes a brain tumour, a rash morphs into flesh-eating disease.

But with the wealth of medical information now available to all of us at the click of a mouse, it's not just medical students and hypochondriacs who are likely to panic. More and more Canadians are going online to play doctor — and some are even replacing visits to the clinic with Google searches.

At sites like webmd.com, users can enter their symptoms and have the site generate a diagnosis for them.

Having access to all this information is, generally speaking, a positive thing. It certainly can help us detect problems sooner. It can also be helpful coming in to the doctor's office well-informed to improve the quality of care that patients receive, said Handelman. "They can be active participants in their health care."

Guy-Justin Lowe, a 25-year-old customer service representative in Toronto, started using Google and webmd.com to take control of his health care when he felt like the answers he was getting from his doctor were too vague.

"I wouldn't say that I'm a hypochondriac, but I have used the Internet before seeing him sometimes just so that I get a general idea of what might be wrong with me," said Lowe.

But the Internet has also been known to incite panic, especially in people who are anxious about their health. This phenomenon has become so widespread that the term "cyberchondria" has been coined to describe it.

According to Statistics Canada, about 70 per cent of Canadian Internet users looked up medical information in 2009. That's up from 59 per cent in 2007.

Judy Thompson, a family practitioner at St. Joseph's Health Centre in Toronto, says it isn't just the young, tech-savvy generation of Canadians who are going online to diagnose their problems.

"Believe it or not, the Internet is very much as big an issue for some of my 60- to 70-year-olds as it is for the younger generation," said Thompson.

The trouble, she adds, is that patients can be led astray by incorrect information.

"We're not discouraging people from reading the Internet, but one of the things I try to do in my practice is try to point them towards helpful sites like fpnotebook.com or familydoctor.org," said Thompson. "The Internet is meant to supplement your health care. It's not meant to replace your health-care provider."

THE CANADIAN PRESS

Online diagnosis

"People may find reports online that lead them to believe they have more significant medical issues than they actually do."

Kenny Handelman, author of Attention Difference Disorder

Is the title 'nanny' insulting? Some think so

When I first heard that fashion designer Stella McCartney refuses to use the word "nanny" to describe her, well, nanny, I thought, "Get over yourself, lady." Truth is, this is a woman who cares for her four young children day in and day out. She may be like family but, at the end of the day, she is paid to look after the kids.

McCartney prefers the word "friend" — she finds it less jarring — but her employee is not being paid to be her friend. She's being paid to ensure that little Miller, Beckett, Bailey and Riley are happy and safe.

But the more I thought about it, and the more I chatted with friends and colleagues, I came to realize that McCartney has a point.

I myself have a nanny who looks after my boys while I'm at work and, in the two-plus years since she's been with us, she has become so much more than a nanny.

She is someone I can rely on as much as family (sometimes even more), and I most certainly trust her in the same way I trust even my closest friends.

When I introduce her to someone new, I simply say, "This is Lyn" — which is the same thing I would say if I were introducing anyone, really (barring family members).

Am I opposed to the title "nanny?" Of course not. Lyn may be like family, but she is still my children's nanny. It's her job title, and I see nothing wrong with it.

Interestingly, I know a lot of women who shy away from the title not because they find it demeaning but because they think that the word "babysitter" has less of a stigma.

But I don't think that McCartney was really worried about stigmas, when she chose "friend" over "nanny." I think she was simply making the point that her children's caregiver is so much more than an easy-to-replace employee. Which, if you ask me, is all healthy and good.

SHAWNA COHEN (MOMMYISH.COM)

Fashion designer Stella McCartney refuses to call her nanny a nanny. Instead, she refers to her as her "friend." GETTY

When it comes to gardening, the early bird may not get the worm

Spring planting. The warmer weather might have you itching to get your hands in the soil. But gardening too soon can damage your soil and grass.

Canadians here, there and almost everywhere have enjoyed unseasonably warm temperatures at the tail end of this winter, already switching their skates for skateboards and launching into other spring-like activities.

But gardeners — as tempting as it may be — might want to keep their rakes in the shed for now, and take care where they tread.

"A lot of people have been asking: what do you do when winter ends or never really starts, and spring has suddenly sprung," says Charlie Dobbin, horticultural director of Canada Blooms, the largest flower and garden show in the country.

For starters, she cautions that you should not walk on your lawn or touch your garden until it is dry enough.

"A soggy wet soil is not something you want to put pressure on, even foot pressure," she advises during at interview at the indoor garden show, which started Friday and continues until next Sunday in conjunction this year with the National Home Show.

She offers up a trick for testing whether the soil is dry enough.

"Take a handful of soil, squeeze your hand together, open your hand up. If the ball of soil stays in a ball, stay out of the soil because it's too wet. If that ball breaks open and crumbles in your hand, now you can get out your rake and you can rake your lawn, you can do a little pruning or whatever you need to do."

Gardening expert Mark Cullen agrees it's not a good idea to get into the garden when the soil is sopping wet.

"You don't want to move that soil around until it's a little bit dry — dry a couple of centimetres down, otherwise you actually damage the integrity of the soil," he says.

"The other thing is with your lawn. It's great to get out and rake your lawn and fertilize it. I encourage Canadians to do that, but you can do it so early that you actually damage the lawn. Let me put it this way: if the heel of your boot leaves a permanent impression on your lawn, you shouldn't be walking on it. So wait for it to dry enough."

And while it may be too soon to dig in the garden or start planting, Dobbin says that depending on where you live, you might want to freshen up your planters.

"Pansies are happening now in the garden centres. They're cold tolerant even if we get cold weather. Get some colour from your pansies, get some more bulbs. Get that bright fresh spring thing happening," she says.

Dobbin is hoping that retailers won't jump the gun and sell anything now that could die in a cold snap.

"Geraniums are a good example. They're pretty, we love them, we often want to buy them as soon as we see them, but they will die in a frost," she says.

"So recognize that if you do some planting into your garden or outside, know what you're dealing with, know whether it's cold hardy or cold tolerant, and slide it into the garage or up into the porch or even into the living room if we're getting below freezing temperatures.

"Because you will run the risk of it dying, and then you'll have to start all over again."

Cullen says one advantage of an early spring is that is provides an opportunity to plant spring flowering bulbs if you didn't do so last fall.

"You can plant spring flowering bulbs in bloom that you buy by the pot at the supermarket or the hardware store this time of year," he says.

"Sink them right into the ground and get that instant shot of colour, and with the cool evening temperatures, as early as spring may be, with the cool evening temperatures, the length of time those blossoms last is pretty extraordinary. You get great value for your money."

Dobbin says the warmer-than-usual winter will likely mean that a lot of insects - pests and the beneficial ones too — will have survived the winter, and the insect population will rise dramatically. This is good for birds, she notes, but some of them won't have migrated north in time to feast on them. Likewise, fungal spores and other diseases that affect plants will have survived the winter.

"So always, always when you're gardening think about the whole ecosystem. Recognize that there are cycles. This cycle is going to be one where the early spring, the mild winter is going to mean plants are ready to go ... a few warm days, suddenly everything is going to be bursting forth."

THE CANADIAN PRESS

How to tell if your garden is ready

"Take a handful of soil, squeeze your hand together, open your hand up. If the ball of soil stays in a ball, stay out of the soil because it's too wet."

Charlie Dobbin, horticultural director of Canada Blooms

Got spring fever?

Ted Oorsprong of Northend Gardens in Jordan Station, Ont., says he's been shocked by how, because of the nice weather, people are asking for pansies and violas already.

- **Wait for the flakes.** "It's going to snow again, so if they acclimatize them a bit and we only have minus 2 or 3, OK, put the colour outside and that's OK. But bring it back in if it goes to minus 5 or 10 because they'll probably die."
- **Hold off.** His advice for those in southern Ontario is to enjoy the Easter flowers first — hydrangeas, tulips, lilies — before jumping into spring, and he notes that Easter isn't until April 8. For bedding plants, he says the recommendation is normally that you wait for the long weekend in May.
- **Reasoning.** "Not because the weather's not nice, but because the soil's warm," he explains. "So if you put a plant into cold soil, it just goes into shock and it won't grow very much. ... So if we've had nice weather the first two weeks of May — 15 C and the soil's warm — sure put your stuff in the soil then."

People attend the Canada Blooms garden show in Toronto on Friday. ANNE TOBIN/THE CANADIAN PRESS

Get a bite of the healthy goodness packed into this legume

This recipe makes 32 Lentil Balls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Turkish Red Lentil Balls. The slight crunch of bulgur wheat compliments the smooth texture of the lentils in this dish

1 In a saucepan, bring 625 ml (2 1/2 cups) of water to boil. Add lentils and simmer over low heat, stirring occasionally, 15 minutes or until soft. Mix in bulgur, cover pot and remove from heat. Let mixture rest for 15 minutes or until residual liquid is absorbed by bulgur.

2 Meanwhile, in a skillet heat oil over medium heat. Add onion and sauté 8 mins. or until soft and translucent. Stir in harissa and cumin; cook, stirring constantly, 2 mins. Transfer to a mixing bowl; set aside.

3 Once lentils and bulgur are cooked, add to onion mix along with most of the green onions and parsley. Season with salt and pepper and mix well to form a thick dough.

4 Keeping hands wet, mould about 15 ml (1 heaping tbsp) of the lentil mix into football-shaped balls. Place each ball in one of the lettuce pieces and arrange on a serving platter. Garnish with remaining green onions and parsley and drizzle with additional olive oil. Serve with lemon wedges to squeeze over before eating. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 250 ml (1 cup) uncooked red lentils, rinsed and drained
- 125 ml (1/2 cup) fine bulgur, uncooked
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 15 ml (1 tbsp) harissa (red chili) paste
- 15 ml (1 tbsp) ground cumin
- 3 green onions, finely sliced
- 45 ml (3 tbsp) finely chopped flat-leaf parsley
- 3 ml (3/4 tsp) salt
- Black pepper
- Boston lettuce, torn into 30 pieces
- Lemon wedges

Healthy eating

Choose it and lose it

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It's a bad idea to drink your calories but that's the risk you take when you reach for a glass of some of the most popular brand name juices.

Welch's Grape Juice (1 cup)

170 calories, 41 g sugar, 42 g carbs
Even though this is pure juice with no sugar added, you're still getting excess natural sugar from the grapes.

Equivalent

452 calories/ 17 g fat
Instead of drinking the juice, you could eat one pound of grapes and feel fuller.
Besides, one cup of the grape juice is equal to eight French crullers from Country Style in sugar.

Rougemount Apple Juice (1 cup)

110 calories, 26 g sugar, 27 g carbs
This brand has less calories, sugar and carbs. It makes for a better choice, but keep liquid calories to a minimum.

Homegrown Canadian Brown Rice and Lentils in three simple steps

Lentils are not only good for you, but they're homegrown, with much of the world's supply produced in Canada.

For those who are mystified about how to prepare these dried legumes, there is now a series of 12 how-to videos hosted by Canadian chef Michael Smith, who provides tips on their health benefits, how to buy, store and cook them.

In the webisode Lentils 101, Smith explains that there are four basic types of lentils grown in Canada — green, red, black beluga and French green, or du Puy — that are packed with such nutrients as zinc, beta carotene, selenium and folate.

The legumes can be served on their own — easily cooked in a saucepan on the stovetop using a simple recipe of one part lentils and three parts water.

They can also be pureed and added to such recipes as Vegan Lentil Burgers, Sweet Potato Lentil Chili, and Green Lentils with Bacon and Tarragon — among those created by Smith for Canadian Lentils.

In Canada's Food Guide, lentils fall under the meat and alternatives category. It is recommended that people eat meat and alternatives such as beans, lentils and tofu often.

The Canadian Lentils' website states that regularly consuming lentils can contribute to reduced cholesterol and triglycerides — two major factors in heart health.

Eating lentils regularly may also reduce the risk of heart disease through favourable effects on blood pressure, blood glucose and insulin moderation.

Because lentils are loaded with fibre and protein (which helps us feel full longer), are low in fat (zero saturated) and contain no cholesterol, they can help those trying to maintain a healthy body and lifestyle.

Lentils do not contain gluten, so they are suitable for people who are gluten intolerant or have celiac disease.

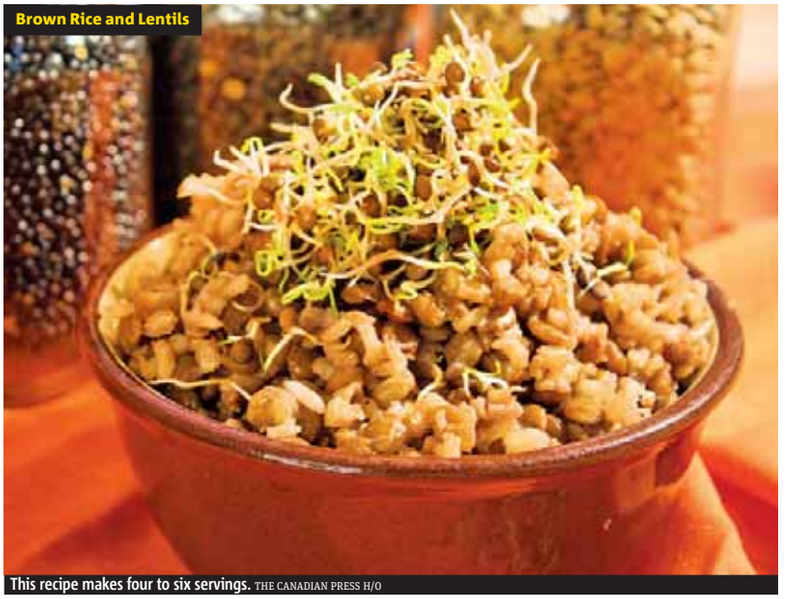
Here is a recipe using lentils created by chef Michael Smith.

He says: "This is perhaps my single most popular lentil recipe. It is certainly the one I turn to most often. This is a quick and easy side dish that is not only tasty and healthy, but complements any meat or fish dish."

Ingredients

- 250 ml (1 cup) brown rice
- 250 ml (1 cup) dried lentils
- 1 l (4 cups) water or chicken broth
- 2 ml (1/2 tsp) salt

Brown Rice and Lentils



This recipe makes four to six servings. THE CANADIAN PRESS H/O

1 In a medium saucepan with a tight-fitting lid, combine rice, lentils, water and salt. Bring everything to a full boil then adjust the heat lower, just enough to maintain a slow, steady simmer. Continue cooking until rice and lentils are tender and liquid is absorbed, about 45 minutes.

2 Turn off the heat, let stand for a few minutes, and you are ready to serve and share.

3 You can add any fresh or dried herbs you like to this dish. Rosemary, thyme and tarragon all work well.

THE CANADIAN PRESS/ CHEF MICHAEL SMITH FOR CANADIAN LENTILS (LENTILS.CA)

Lentil Facts

Some interesting facts about the lentil crop in Canada:

- **Nutrition.** There are 8.5 grams of fibre and 7 grams of protein in 125 ml (1/2 cup) of cooked lentils.
- **Production.** Canada produces 67 per cent of the world's lentil supply.
- **Exporting.** Canada is the world's leading exporter of lentils and India is the biggest importer of Canadian lentils.
- **Provincial producer.** Saskatchewan is the largest lentil-growing province, accounting for 95 per cent of total Canadian production.
- **History.** Canada only began growing lentils in 1970, meaning it is a relatively new crop to Canada.
- **Origins.** Lentils originated from the wild lentils that still grow in Turkey and other Middle Eastern countries. **THE CANADIAN PRESS/ CANADIAN LENTILS (LENTILS.CA)**

Putting eco-solutions on the road by making tires from orange peels

Orange oil now being used to create green tires. Without a drop in safety, these tires are the new solution for the eco-conscious

BEN KNIGHT
life@metronews.ca

Orange peel: a zesty addition to baking, and something that ends up in your green box.

And also the key ingredient in cleaner, greener tires for your car?

Absolutely. And the potential going forward — in terms of performance, safety and eco-friendliness — is impressive.

"The AVID Ascend is essentially the world's first mass-produced tire to feature orange oil," says James de Chavez, marketing manager for Yokohama Tire (Canada) Inc.

"Orange oil is essentially the oil extracted from orange peels, and is combined with the natural and synthetic rubber found in the rubber compound."

The Rubber Manufacturers Association says it takes seven gallons of oil to produce one conventional tire. Five are processed to provide raw materials, while two get burned for energy. Orange oil can do the same job — and even do it better.

"When orange oil combines with those natural and synthetic rubbers, the tire is much more responsive, and adheres to the road surface more efficiently," de Chavez explains.

"That's how we're able to provide the mileage and tread-wear benefits of the product, in addition to the improved grip levels."

There's no drop in safety, either — and the tires are competitively priced.

By the numbers

7

According to the Rubber Manufacturers Association, it takes seven gallons of oil to produce one conventional tire – five for raw materials, and two to provide the energy needed to power the process.

"We first introduced the technology in a few limited sizes as an eco-friendly tire for hybrid cars. And we've now taken that idea to a mass-market scale in 45 different sizes."

De Chavez says consumer interest has been encouraging.

"For most consumers, tires are just black and round and made of rubber. The fact that there is orange in this tire seems to really peak their interest. People are definitely gearing more toward environmentally friendly products for all consumer goods, across the board — tires included."

Throw in an unlimited-kilometre warranty and you've got a solid alternative product. But does this mean petroleum is on the way out in the tire business?

"It's step-by-step in this industry. By doing this now, Yokohama is setting up for tomorrow," he says. "We're confident that we'll see increased improvements in our technology to take this orange oil and reduction of petroleum to the next level."

The tires were rolled out March 1, and are available throughout North America.

It's possible take orange peels and transform them into tires without harming any harm to the environment. ISTOCK PHOTOS

Queen of Green

Caring for your health

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

I work in a nursing home and the chemicals we use to clean and disinfect make some staff sick. Are there cleaners that a health-care facility can use safely? Donna of Vancouver

Yes!

Health-care facilities must meet cleanliness standards that are often higher than those we follow at home.

For example, most doctors will tell you to wash with soap and water only — avoid antibacterial products like those with triclosan.

In fact, the Canadian Medical Association is calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance.

I recommend you contact the Canadian Coalition for Green Health Care and search their green products and services directory at greenhealthcare.ca.

They have reviewed cleaning products used in places like hospitals and offer recommendations for greener choices. Each organization, product and service listed in the directory has in some way distinguished itself as "green."

Note: The Canadian Coalition for Green Health Care cannot independently verify the environmental qualities of each product and service. However, they offer a We Support Green Health Care logo, which signifies that the provider is a founding partner of the Canadian Coalition for Green Health Care.

Also, a Third Party Certification logo indicates that the product/service has achieved a third-party environmental certification. Finally, the ChemTRAC logo indicates that the product uses safer chemicals and does not contain or release any of the 25 chemicals tracked by the City of Toronto's ChemTRAC program.

Breaking through the boundaries

A moving story. Luca Patuelli's dynamic breakdancing program is teaching youth to live without limitations

"What we try to do through our resources is to help them feel empowered, to see themselves as a whole," says Luca Patuelli, pictured here on the right. RYAN REMIORZ/THE CANADIAN PRESS

Luca Patuelli's students form a semi-circle in the classroom at Joseph-Charbonneau Secondary School, most of them leaning on crutches or sitting in wheelchairs. Patuelli pulls himself into the group supported by a pair of crutches. Then the music starts and the room is an explosion of movement.

Patuelli, known worldwide as Bboy Lazylegz, launches into a series of dynamic breakdance steps, at one point flinging his crutches aside. His charges rock along on the sidelines until one by one he turns the floor over to them and they step up to execute their own intricate moves.

Their heads rock with streetwise hip-hop breakdancer attitude. One spins and does a move where he lifts himself up on his hands and supports himself in the air, looking like Superman in flight.

The lunch hour activity at the school and readaptation centre puts a whole new slant on independent living for the disabled, an issue growing in Canada for the last quarter-century.

"What's been amazing about this program is it started off as a breakdancing class and now we've realized it's more like a life confidence-building class," Patuelli said in an interview before getting things underway, marvelling at the improvement he's seen since he started the class in November 2008.

A step towards success

"I have stories about some students who are literally getting out of their wheelchairs to dance and they're learning to walk."

Luca Patuelli, Breakdancing teacher

"I have stories about some students who are literally getting out of their wheelchairs to dance and they're learning to walk. Other dancers are becoming a lot more independent."

Patuelli, who suffers from a rare bone and joint disorder known as arthrogryposis, has been a dancer for about 10 years now, since he was 15. He's been a professional breakdancer for about seven years.

He's been on crutches since he was three, was diagnosed with severe scoliosis when he was eight and has had 16 surgeries, including one where eight of his vertebrae were fused and titanium rods were inserted.

"The idea is to really help these students be able to become more independent and not to rely on other people to help them," Patuelli said of the class. "If they want to do something, they can do it themselves. Yes, assistance is there to help you, but you have to go out and get it."

THE CANADIAN PRESS

World wonder

Patuelli has developed an international following:

- He was one of the acts in the opening ceremonies for the 2010 Paralympic Games.
- As part of the Canadian breakdance crew Illmatic Styles, he was featured on NBC's America's Got Talent.
- In 2007, he formed ILL-Abilities, an international group with disabled breakdancers from Canada, the U.S., Chile and Holland.
- Patuelli has also been featured on a host of TV shows, including NBC's Today Show and So You Think You Can Dance Canada.

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From Tanzania to Saskatoon: Shaping Dreams on the other side of the world

High def dreams. A media expert brings his family and his knowledge from Africa to Canada to start a new path of success.

Navrose Ratansi is the owner of a high definition video graphics company in Saskatoon. SASKATOON EXPRESS-TARA CAMPBELL/THE CANADIAN PRESS

Navrose Ratansi built and operated a television studio for presidents of Tanzania. He designed and developed the podium that former U.S. president George W. Bush used for a news conference. He was in charge of a television station that was affiliated with CNN International.

Now, he has brought his broad range of skills to Saskatoon. By his admission, it is a long way from the State House in Tanzania to his new office on Third Avenue North, where he recently opened Shaping Dreams Productions.

"When you have children you always think about your children's future; you always try to do something better than your parents did for you and that was one of the reasons that brought me to Canada," Ratansi said in an interview.

"I have three children and I wanted to give them a better footing in life; that made me sacrifice what I used to do back home."

He is convinced the decision was the right one.

"I have seen the progress of my two daughters — one is in high school and one is in elementary school. I am very proud that my decision was the right decision." He and wife Shyrose Jivraj also have a four-year-old son.

Leaving family, friends and his community was difficult, he admits.

"To achieve something, sometimes you sacrifice something. That's what we are doing, and we are OK with that."

Ratansi and his wife came to Saskatchewan in 2010 to see what the province had to offer.

"We travelled around most of Saskatchewan and eventually decided Saskatoon would be the place we would like to be because it is the business hub."

Ratansi opened Shaping Dreams Productions, a high definition video graphics company, in January.

"Times are a little tough, but I am sure in the future it will be a better forecast. We had enough finances to say, 'This is what I love to do; this is what we do back home. If we can do the same thing back home, why couldn't we do it here?'"

Shaping Dreams Productions offers an array of services, including design of home theatres, making documentaries and commercials and producing training videos for local companies.

Ratansi landed in the multimedia world almost by accident. When he returned to Tanzania after studying computer science in the United Kingdom, he joined the graphics department of the first television station in Tanzania in 1994.

"Unfortunately, the television station was not being run professionally because it was a new thing and people were not aware how to go about it," Ratansi said. "Things started falling down and suddenly I became station manager."

Not long after, he was instrumental in building two more television stations.

"We learned in a manner by getting to visit television stations outside the country. We built relationships with the French government; we learned a lot of things we could use back home.

"We created television stations with minimal money, and trying to give the news and the entertainment to locals back home to the point where I was given an option to build a television studio for the (government-owned) national television."

"I created a newsroom similar to what you have here for Global or CTV."

THE CANADIAN PRESS

Accomplishments

Sending out the story

Now in the media industry for 20 years, Ratansi was responsible for the station that was integrated with CNN when the United States Embassy was bombed in 1998, leaving more than 200 people dead.

"We put that story out within 15 minutes."

While proud of his accomplishments, Ratansi doesn't see it as anything special.

"It was fascinating to somebody that has never seen it before and hasn't experienced it, but for a person like me, it was a job I had to do. That is how I saw it.

"I never saw it as something that I was doing was extraordinary."

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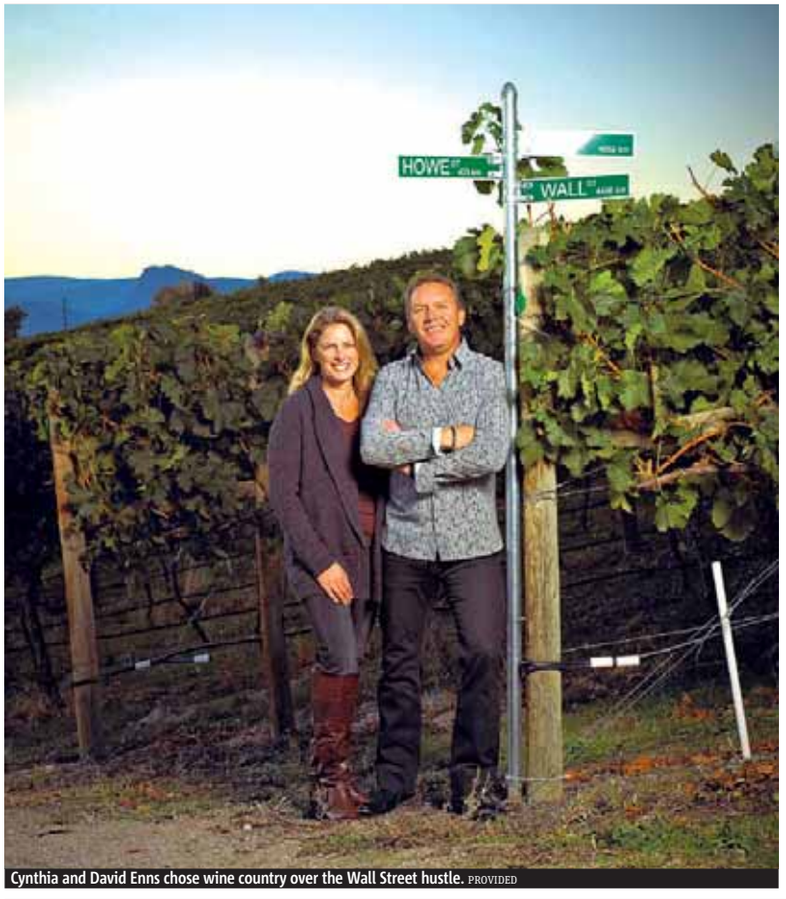
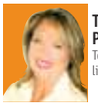


Cynthia and David Enns chose wine country over the Wall Street hustle. PROVIDED

Corporate vs. corking? Invest in your happiness



TURNING POINT
Teresa Kruze
life@metronews.ca

Labour of love. Meet a couple who left their power suits behind in pursuit of a better quality of life

Cynthia and David Enns gave up their lucrative investment careers to follow a passion for making wine. They got their humble start in a friend's Vancouver garage.

"I thought I would be the laughing stock of the neighbourhood if I spent $25,000 on equipment and didn't come up with a good wine," says David.

The Enns didn't disappoint and after a stint in wine making school and a world wide search for the perfect place to start their winery, they settled in B.C.'s Okanagan Valley.

Nine years later they are turning a profit and their Laughing Stock wines are winning numerous awards.

Their humour and love of life are obvious when you talk to the couple. They are also a good team, with David making the wine and Cynthia watching the bottom line.

"I'm good with a spreadsheet but I'm also not afraid to get my hands dirty in the vineyard," says Cynthia.

Although they call the winery their "vow of poverty" they would never go back to the corporate world.

"I'm never putting on a suit again," David says with a laugh. "Besides, I've burnt all my ties."

Grape advice

"If life was all about being sensible, then great things in this world such as fabulous wine just wouldn't come to be."
Cynthia and David Enns, owners of Laughing Stock Vineyards

Drink in the day

Two entrepreneurs share their best business secrets:

- Have a business plan and learn how to sell.
- Do what you do best and be passionate about what you're doing.
- Don't be afraid to ask for help. We hired consultants because we're not going to pretend that we know it all.
- Be well capitalized. The power of leverage is amazing if you can match your borrowing with the outcome of your business.
- If life was all about being sensible, then great things in this world, such as fabulous wine, just wouldn't come to be.

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DR. MARK MELROSE
Metro World News in New York

Healthy living while at college is almost an oxymoron. Living on junk food and drinking too much booze are all potential hazards to your health. When your occasional lack of impulse control leads you astray, here are some ideas to keep in the back of your mind:

Drinking: Alcohol (or drugs, for that matter) on campus or in public might get you expelled or arrested. Be careful not to become intoxicated to the point of getting sick or doing anything stupid. Alcohol poisoning is a potentially life threatening condition, and can result in stupor, seizures, slow and irregular breathing or vomiting. Because the gag reflex is depressed by alcohol, you could aspirate (inhale) anything you vomit while unconscious, resulting in a lack of oxygen to the brain and coma or death.

Guzzle a glass of water before that can of booze. ISTOCK

The effects of alcohol poisoning are unpredictable in any one person, but you need to recognize common signs and symptoms. Anyone who has passed out from drinking could be in danger, as alcohol continues to be absorbed from the stomach long after drinking has ceased. If you suspect someone is in trouble, call 911 to have your unconscious buddy brought to a hospital for evaluation and treatment.

If you decide to drink, limit intake to one alcoholic beverage an hour (or less!), don't drink on an empty stomach (food slows alcohol absorption), and drink a 12-ounce glass of water for every alcoholic beverage.

Don't drive a car, steal stuff, vandalize other people's property or do anything else that will endanger or draw attention to you and your crew. Law enforcement is not sympathetic to intoxicated minors.

And try not to engage in intimate activity that you'll later regret while your ability to discriminate is compromised. Broadcasting your bad behavior on the Internet isn't funny to future employers or graduate school admission officers, either.

MARK MELROSE, DO, IS A BOARD-CERTIFIED EMERGENCY PHYSICIAN AT URGENT CARE MANHATTAN. E-MAIL HIM YOUR QUESTIONS AT ASKDRMARK@METRO.US.

Food facts

The four basic food groups are not caffeine, nicotine, cholesterol and alcohol.

- Do your best to eat three square meals a day.
- Missing breakfast actually promotes weight gain, as your body thinks it's starving and conserves fat.
- If you have to grab something on the fly, keeping a supply of fruit, nuts, carrot sticks, yogurts and granola bars is much better than a meal of Cheese Doodles, Snickers and Mountain Dew.

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4 SPORTS

Tennis

Federer tops Isner in California

Roger Federer defeated John Isner 7-6 (7), 6-3 to win his record fourth BNP Paribas Open title on Sunday in Indian Wells, Calif.

Victoria Azarenka routed Maria Sharapova 6-2, 6-3 for the women's title. THE ASSOCIATED PRESS

MLB

Bautista powers Jays to victory

Jose Bautista hit his third home run of spring training and Philadelphia's Cole Hamels gave up five runs and eight hits in 3 1/3 innings as the Toronto Blue Jays defeated the Phillies 10-2 on Sunday. THE ASSOCIATED PRESS

Jose Bautista
RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

NBA

Grizzlies to have look at Arenas as possible backup

Gilbert Arenas will work out Monday for the Memphis Grizzlies, who are looking to bolster their backup point-guard position. THE ASSOCIATED PRESS

Curling

"All we look at is how we're playing as a whole and I like what I see."

Canadian skip Heather Nedohin after winning her second in a row to open the women's curling world championships with a 7-5 victory over Bingyu Wang of China on Sunday in Lethbridge, Alta.

Crosby quiet as Flyers put end to Penguins' streak

NHL. Pittsburgh captain held pointless as Philadelphia rallies for overtime victory

Philadelphia's Scott Hartnell scores an overtime goal on Pittsburgh's Marc-Andre Fleury and a sliding Sidney Crosby on Sunday. MATT SLOCUM/THE ASSOCIATED PRESS

Scott Hartnell needed every last tick of the clock to score the timeliest of goals for the Flyers.

Hartnell scored his second goal of the game with less than one second left in overtime to lift the Philadelphia Flyers to a 3-2 victory over the Penguins on Sunday, snapping Pittsburgh's 11-game winning streak.

Hartnell took a nice cross-ice feed from Danny Briere to beat Marc-Andre Fleury with 0.9 seconds left on the clock.

Kimmo Timonen also scored to help the Flyers rally from a 2-0 hole against the NHL's hottest team. Hartnell and Timonen scored in the third period against a weary Pittsburgh team playing their third road game in four days.

"I don't know if we were trying to be too fancy, but we wore them down at the end," Hartnell said. "Good things happen when you put the puck to the net and that happened tonight."

Evgeni Malkin and Craig Adams each scored for the Penguins. Sidney Crosby played in the third game of his comeback following a three-month absence caused by recurring concussion symptoms. It was Pittsburgh's first loss since Feb. 19.

The Penguins also blew their chance to move into a tie with the slumping New York Rangers for first place in the Eastern Conference. One day after losing a shootout in Boston, the Flyers moved two points behind Pittsburgh and three behind the Rangers.

Because of penalties, the overtime featured 3-on-3 hockey. Hartnell ended it with his 35th goal.

There was a playoff atmosphere from the start of the game — the first of three between the rivals at the tail end of the regular season.

Crosby, who had five assists in his first two games back, failed to earn a point and didn't make an impact against the Flyers.

"I just want to make sure that I am getting better and feeling better each game," Crosby said. "I think as a group we played really well here in the last few. Most of the time we've done some really good things. We just want to keep building off that." THE ASSOCIATED PRESS

In brief

Keselowski wins big in Bristol

Brad Keselowski used Bristol Motor Speedway last fall to cement his spot in NASCAR's championship race. Back at the track Sunday in Tennessee, Keselowski again made his way to Victory Lane. And he again began to think about a Sprint Cup title. Keselowski led a career-best and race-high 232 laps, then held off Daytona 500 winner Matt Kenseth on a late restart to cruise to his first victory of the season. "What can I say? I love Bristol and Bristol loves me," said Keselowski. THE ASSOCIATED PRESS

Miami meets with Smith after Manning snub

Alex Smith with the 49ers last season.
JAMIE SQUIRE/GETTY IMAGES FILE

Even in the off-season, the Miami Dolphins' quarterback carousel keeps spinning.

After being spurned by Peyton Manning, the Dolphins had a brief, unproductive courtship with Matt Flynn, then turned their attention Sunday to Alex Smith, the San Francisco 49ers free agent.

Smith left the Miami complex after a 5 1/2-hour meeting. Dolphins officials declined to comment on any details about this visit.

The 49ers had been working to re-sign Smith but also went to North Carolina last Tuesday to watch Manning work out at Duke. Smith, the No. 1 overall 2005 draft pick, enjoyed his best season in 2011 under first-year 49ers coach Jim Harbaugh.

Smith and Manning have the same agent, Tom Condon.

Winless in the post-season since 2000, Miami made signing Manning their top priority, but he told them Thursday he would sign elsewhere.

They then courted Flynn, the former Green Bay Packers backup who had ties to new Dolphins coach Joe Philbin.

Miami planned another QB interview Monday, when they were to host veteran David Garrard, a person familiar with the negotiations said. The person confirmed the visit to The Associated Press on condition of anonymity because the team had not publicly discussed its plans.

Garrard, a starter for Jacksonville from 2005 to 2010, didn't play last season. He was released five days before the opener by the Jaguars, then underwent back surgery in October. THE ASSOCIATED PRESS

Pivots aplenty

17th

A new starting quarterback would be the Dolphins' 17th since Dan Marino retired after the 1999 season.

Flynn off the market

Matt Flynn visited Miami on Saturday, then agreed to terms Sunday on a three-year deal with the Seattle Seahawks.

- The move gives Seattle one of the most wanted — yet unproven — free agents. Flynn has been stuck behind All-Pro Aaron Rodgers in Green Bay.
- The terms of the deal were not released by the team, but ESPN.com reported that Flynn's deal is worth up to $24 million US.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	71	44	20	2	5	195	158	95	24-9-0-2	20-11-2-3	4-5-1-0	L2
d-Boston	71	41	27	1	2	228	178	85	21-13-1-1	20-14-0-1	4-6-0-0	W1
d-Florida	71	35	23	5	8	180	197	83	20-9-1-7	15-14-4-1	6-3-0-1	W4
Pittsburgh	71	44	21	3	3	231	180	94	24-8-2-0	20-13-1-3	9-0-1-0	L1
Philadelphia	72	42	22	2	6	231	204	92	19-10-1-4	23-12-1-2	8-1-0-1	W1
New Jersey	72	41	26	2	3	198	187	87	20-13-0-3	21-13-2-0	6-3-1-0	L1
Ottawa	73	37	26	6	4	221	213	84	19-14-2-2	18-12-4-2	5-3-0-2	L1
Washington	71	36	29	3	3	191	200	78	23-10-1-2	13-19-2-1	6-3-1-0	L1
Winnipeg	71	34	29	4	4	189	199	76	23-10-1-3	11-19-3-1	5-3-1-1	W2
Buffalo	72	33	29	4	6	180	204	76	18-11-3-5	15-18-1-1	6-2-0-2	L2
Toronto	72	32	32	4	4	208	219	72	16-13-3-3	16-19-1-1	3-6-0-1	W2
Tampa Bay	71	32	32	4	3	199	240	71	21-13-1-1	11-19-3-2	5-4-1-0	L2
Carolina	72	28	29	9	6	190	214	71	18-13-1-5	10-16-8-1	5-3-2-0	W2
NY Islanders	72	29	32	7	4	168	211	69	15-16-5-1	14-16-3-2	3-4-2-1	W1
Montreal	73	28	33	3	9	191	203	69	13-15-2-7	15-17-2-2	4-3-2-1	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	73	46	19	1	7	189	142	100	28-4-1-3	18-15-0-4	7-2-0-1	W1
d-Vancouver	71	43	20	1	7	223	180	94	21-10-0-4	22-10-1-2	4-4-1-1	W1
d-Dallas	72	39	28	1	4	189	192	83	20-13-0-3	19-15-1-1	7-2-0-1	L2
Detroit	72	44	24	2	2	221	174	92	28-4-1-1	16-20-1-1	3-6-1-0	L4
Nashville	70	41	21	3	5	203	185	90	23-8-2-3	18-14-1-2	6-3-0-1	L2
Chicago	72	39	25	4	4	217	210	86	24-7-1-4	15-18-3-0	6-3-0-1	W2
Colorado	74	39	30	3	2	194	195	83	21-15-0-1	18-15-3-1	6-3-0-1	W1
San Jose	71	36	25	5	5	194	181	82	21-11-2-1	15-14-3-4	4-3-1-2	W2
Los Angeles	72	35	25	5	7	167	157	82	19-13-0-4	16-12-5-3	7-3-0-0	W3
Phoenix	72	35	26	3	8	188	186	81	18-12-2-4	17-14-1-4	3-5-0-2	L1
Calgary	72	34	26	5	7	181	197	80	20-9-1-4	14-16-4-3	6-2-1-1	L1
Anaheim	72	30	31	5	6	179	200	71	19-15-2-0	11-16-3-6	3-6-1-0	L1
Minnesota	71	29	32	2	8	153	199	68	15-15-1-3	14-17-1-5	2-7-0-1	L3
Edmonton	71	28	36	3	4	188	210	63	18-15-2-2	10-21-1-2	4-5-1-0	W2
Columbus	71	22	42	2	5	164	230	51	13-20-1-2	9-22-1-3	4-6-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Philadelphia 3 Pittsburgh 2 (OT)
Washington at Chicago
Columbus at Calgary
Phoenix at Edmonton
Nashville at Anaheim
Carolina at Winnipeg
Saturday's results
Toronto 3 Ottawa 1
Vancouver 4 Columbus 3
N.Y. Islanders 3 Montreal 2 (SO)
Boston 3 Philadelphia 2 (SO)
Pittsburgh 5 New Jersey 2
Carolina 5 Minnesota 3
Colorado 3 N.Y. Rangers 1
St. Louis 3 Tampa Bay 1
Florida 3 Buffalo 2 (SO)
Los Angeles 4 Nashville 2
San Jose 3 Detroit 2 (OT)
Tonight's games
Toronto at Boston, 7 p.m.
New Jersey at N.Y. Rangers, 7:30 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
Washington at Detroit, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
Anaheim at San Jose, 10 p.m.

LACROSSE

NLL

WEEK 11
Saturday's results
Buffalo 13 Minnesota 10
Philadelphia 16 Edmonton 15
Friday's result
Buffalo 21 Toronto 14

SATURDAY

CANUCKS 4, BLUE JACKETS 3

First Period
1. Columbus, Prospal 12 (Atkinson, Mason) 7:55
2. Vancouver, Booth 15 (Higgins, Hamhuis) 16:16
3. Vancouver, D.Sedin 29 (H.Sedin) 17:35
Penalty — Bieksa Vcr (interference) 3:35.
Second Period
4. Vancouver, Edler 11 (Schneider) 12:38 (pp)
5. Columbus, J.Johnson 11 (Johansen) 16:00
Penalty — J.Johnson Clb (holding) 11:40.
Third Period
6. Vancouver, D.Sedin 30 (H.Sedin, Edler) 15:19 (pp)
7. Columbus, Wisniewski 5 (J.Johnson, Letestu) 16:24
Penalties — Higgins Vcr (delay of game) 0:57, Lebda Clb (tripping) 12:45, Wisniewski Clb (hooking) 15:02.
Shots on goal by

Columbus	11	7	18	36
Vancouver	14	12	12	38

Goal — Columbus: Mason (L,12-23-3); Vancouver: Schneider (W,16-6-1). **Power plays (goals-chances)** — Columbus: 0-2; Vancouver: 2-3.
Referees — Stephen Walkom, Rob Martell.
Linesmen — Mike Cvik, Brian Mach.
Att. — 18,890 (18,860) at Vancouver.

ISLANDERS 3, CANADIENS 2 (SO)

First Period
1. Montreal, Palushaj 1 (Nokelainen) 2:53
Penalties — Martin NYI, White Mtl (fighting) 9:01, Reasoner NYI (tripping) 12:26, Okposo NYI (holding) 16:08.
Second Period
2. N.Y. Islanders, Streit 6 (Nielsen) 2:00 (pp)
3. N.Y. Islanders, Nielsen 14 (Hamonic, Bailey) 16:05
Penalties — Parenteau NYI (hooking), Leblanc Mtl (holding) 8:34, Parenteau NYI (diving), Leblanc Mtl (hooking) 11:19, Subban Mtl (holding) 19:44.
Third Period
4. Montreal, Leblanc 4 (Subban, Budaj) 3:38
Penalty — Streit NYI (delay of game) 18:43.
Overtime
No Scoring.
Penalties — None.
Shootout
N.Y. Islanders win 3-2
Montreal (2) — Desharnais, goal; Plekanec, miss; Pacioretty, miss; Bourque, goal; Eller, miss; Markov, miss.
N.Y. Islanders (3) — Nielsen, goal; Tavares, miss; Parenteau, miss; Moulson, goal; Okposo, miss; Bailey, goal.
Shots on goal by

N.Y. Islanders	12	18	7	1	—38
Montreal	10	9	7	4	—30

Goal — N.Y. Islanders: Montoya (W,7-6-5); Montreal: Budaj (L,3-6-3). **Power plays (goals-chances)** — N.Y. Islanders: 1-2; Montreal: 0-4.
Referees — Justin St-Pierre, Eric Furlatt.
Linesmen — Steve Barton, Scott Cherrey.
Attendance — 21,273 (21,273).

MAPLE LEAFS 3, SENATORS 1

First Period
No Scoring.
Penalties — MacArthur Tor, Gonchar Ott (fighting) 11:22, Ashton Tor (goaltender interference) 18:03.
Second Period
1. Toronto, Connolly 11, 7:20
Penalties — Grabovski Tor, Schenn Tor (fighting), (fighting, double game misconduct), Neil Ott (fighting, game misconduct), Foligno Ott (fighting) 13:23, Connolly Tor, Smith Ott (roughing) 19:45.
Third Period
2. Toronto, Kessel 35 (Gardiner, Bozak) 0:53 (pp)
3. Toronto, Phaneuf 10 (Kessel, Gardiner) 12:02 (pp)
4. Ottawa, Greening 14 (Kuba, O'Brien) 18:51
Penalties — O'Brien Ott (hooking) 0:27, Steckel Tor (holding) 1:24, Komisarek Tor, Michalek Ott (roughing) 2:23, Phaneuf Tor (tripping) 2:34, Foligno Ott (holding) 7:56, Alfredsson Ott (slashing), Ottawa bench (too many men; served by Foligno) 11:07, Komisarek Tor (roughing), Rosehill Tor (misconduct), Foligno Ott (roughing) 15:31.
Shots on goal by

Toronto	4	8	6	18
Ottawa	7	14	9	30

Goal — Toronto: Reimer (W,13-12-4); Ottawa: Bishop (L,3-1-2). **Power plays (goals-chances)** — Toronto: 2-4; Ottawa: 0-3.
Referees — Brad Watson, Don VanMassenhoven. **Linesmen** — Scott Driscoll, Michel Cormier.
Att. — 20,500 (19,153) at Ottawa.

FRIDAY

OILERS 3, FLAMES 1

First Period
1. Edmonton, Nugent-Hopkins 17 (Eberle) 10:12
2. Edmonton, Eberle 31 (Hartikainen, Petry) 15:18
Penalties — Sarich Cal (roughing) 1:18, Whitney Edm (double roughing) 1:18, Giordano Cal (holding) 17:47.
Second Period
3. Calgary, Giordano 8, 12:24
Penalties — Tanguay Cal (tripping) 2:50, Giordano Cal (slashing) 8:42, Hemsky Edm (slashing) 8:42.
Third Period
4. Edmonton, Nugent-Hopkins 18 (Jones, Eberle) 9:25
Penalties — Baertschi Cal (roughing) 3:27, Comeau Cal, Hemsky Edm (cross-checking) 10:53, Babchuk Cal (tripping) 15:57, Moss Cal (tripping) 16:17, Iginla Cal (tripping) 19:54.
Shots on goal by

Calgary	9	8	2	19
Edmonton	9	10	6	25

Goal — Calgary: Irving (L,1-3-3); Edmonton: Dubnyk (W,16-17-1).
Power plays (goals-chances) — Calgary: 0-1; Edmonton: 0-6.
Referees — Mike Hasenfratz, Chris Rooney.
Linesmen — Derek Nansen, Vaugham Rody.
Attendance — 16,839 (16,839).

JETS 3, CAPITALS 2

First Period
1. Winnipeg, Ladd 24 (Wheeler, Byfuglien) 11:08
2. Washington, Laich 15 (Johansson) 11:30
Penalties — Chimera Wash (hooking) 1:30, Hainsey Wpg (hooking) 8:09.
Second Period
3. Winnipeg, Antropov 12 (Stapleton, Miettinen) 16:10
Penalties — Brouwer Wash (hooking) 1:17, Knuble Wash (holding) 17:21, Laich Wash (delay of game) 17:43, Enstrom Wpg (holding) 19:50.
Third Period
4. Washington, Perreault 13, 0:27 (pp)
5. Winnipeg, Byfuglien 11 (Kane, Burmistrov) 9:21
Penalties — Chimera Wash (hooking) 2:43, Brouwer Wash, Wheeler Wpg (roughing) 7:41, Hainsey Wpg (high-sticking) 17:38.
Shots on goal by

Washington	5	6	11	22
Winnipeg	7	14	7	28

Goal — Washington: Vokoun (L,25-17-2); Winnipeg: Pavelec (W,27-23-7).
Power plays (goals-chances) — Washington: 1-3; Winnipeg: 0-5.
Referee — Mike Legge, Kyle Rehman. **Linesmen** — Mark Wheler, Brian Murphy.
Attendance — 15,004 (15,004).

SENATORS 2, CANADIENS 1 (OT)

First Period
1. Montreal, Plekanec 14 (White) 8:18 (sh)
Penalties — Subban Mtl (fighting), Greening Ott (slashing, fighting) 3:05, Nokelainen Mtl (hooking) 6:25, Staubitz Mtl, Neil Ott (fighting) 12:27, Nokelainen Mtl (holding) 16:31, White Mtl (holding), Weber Mtl (roughing) Foligno Ott (slashing) 19:27, Subban Mtl (roughing) 19:55.
Second Period
No Scoring.
Penalties — Eller Mtl (tripping) 1:57, Condra Ott (hooking) 5:59, Michalek Ott (boarding) 11:55, Phillips Ott (hooking) 14:07, Eller Mtl (hooking) 16:07, Cole Mtl (holding) 19:06.
Third Period
2. Ottawa, Greening 15 (Smith) 6:27
Penalties — Desharnais Mtl (delay of game) 3:56, White Mtl (delay of game) 15:20.
Overtime
3. Ottawa, Kuba 6 (Alfredsson) 3:07
Penalties — None.
Shots on goal by

Montreal	8	3	3	0	—14
Ottawa	10	12	10	1	—33

Goal — Montreal: Price (L,25-27-9); Ottawa: Bishop (W,3-0-2). **Power plays (goals-chances)** — Montreal: 0-4; Ottawa: 0-8.
Referees — Chris Lee, Don Van Masssenhoven.
Linesmen — Steve Barton, Derek Cherrey.
Attendance — 20,500 (19,153).

MLB

SPRING TRAINING

Yesterday's results
Boston 8, Tampa Bay 4
Detroit 11, Washington 7
Minnesota 10, Pittsburgh 0
Toronto 10, Philadelphia 2
Atlanta 2, Baltimore (ss) 2, tie, 10 innings
Houston 9, N.Y. Mets 5
St. Louis 4, Miami 2
Chicago Cubs (ss) 3, Texas (ss) 2
Colorado (ss) vs. Seattle at Peoria, Ariz., ccd., Rain
Texas (ss) vs. Milwaukee at Phoenix, Ariz., ccd., Rain
Chicago White Sox 7, Chicago Cubs (ss) 5, 10 innings
L.A. Dodgers 1, L.A. Angels 1, tie, 6 innings
Kansas City 6, Cleveland 4
Colorado (ss) vs. San Diego (ss) at Peoria, Ariz., ccd., Rain
Arizona (ss) 8, Cincinnati 7
San Diego (ss) 5, San Francisco 1
Oakland 11, Arizona (ss) 2
N.Y. Yankees vs. Baltimore (ss)

NBA

Yesterday's results
Atlanta 103, Cleveland 87
L.A. Clippers 87, Detroit 83, OT
Sacramento 115, Minnesota 99
Memphis 97, Washington 92
Orlando at Miami, 7 p.m.
Houston at Phoenix, 9 p.m.
Utah at L.A. Lakers, 9:30 p.m.
Portland at Oklahoma City, 9:30 p.m.
Saturday's results
L.A. Clippers 95, Houston 91
Charlotte 107, Toronto 103
New York 102, Indiana 88
Chicago 89, Philadelphia 80
New Orleans 102, New Jersey 94
Denver 98, Boston 91
Utah 99, Golden State 92, OT
Dallas 106, San Antonio 99
Monday's Games
Philadelphia at Charlotte, 7 p.m.
Boston at Atlanta, 7:30 p.m.
Cleveland at New Jersey, 7:30 p.m.
Chicago at Orlando, 8 p.m.
Minnesota at Golden State, 10:30 p.m.
Dallas at Denver, 10:30 p.m.

GOLF

TRANSITIONS CHAMPIONSHIP

At Oakm Harbor, Fla.
Par 71
Final Round
(x-won on first playoff hole)

x-Luke Donald, US$990,000	67-68-70-66—271
Sang-Moon Bae, $410,667	69-66-68-68—271
Jim Furyk, $410,667	66-70-66-69—271
Robert Garrigus, $410,667	67-72-68-64—271
Ken Duke, $93,188	68-67-69-68—272

OPEN DE ANDALUCIA COSTA DEL SOL

At Marbella, Spain
Par: 72
Final Round

Julien Quesne	68-72-67-64—271
Matteo Manassero	64-73-68-68—273
Eduardo De La Riva	67-69-68-70—274
David Lynn	70-68-68-69—275
Raphael Jacquelin,	70-68-69-69—276
Also	
Mike Weir	**68-73-72-73—286**

SOCCER

MLS

Yesterday's results
Colorado 2, Philadelphia 1
D.C. United at Los Angeles
Saturday's results
Montreal 1, Chicago 1, tie
Houston 1, San Jose 0
Sporting Kansas City 3, New England 0
FC Dallas 1, Portland 1, tie
Real Salt Lake 2, New York 0
Seattle FC 3, Toronto FC 1
Vancouver 1, Chivas USA 0

ENGLAND

FA CUP

Quarter-finals
Yesterday's results
Chelsea 5 Leicester 2
Liverpool 2 Stoke 1

PREMIER LEAGUE

Yesterday's results
Wolverhampton Wanderers 0 Man United 5
Newcastle 1 Norwich 0

LEAGUE CHAMPIONSHIP

Yesterday's result
Cardiff 0 Burnley 0

FRANCE

LIGUE 1

Yesterday's results
Lille 4 Valenciennes 0
Rennes 0 Toulouse 1
Sochaux 2 Nice 0

GERMANY

BUNDESLIGA
Hannover 4 Cologne 1
Kaiserslautern 1 Schalke 4

GREECE

Levadiakos 2 Atromitos 2
Panaitolikos 1 PAOK 1
Panionios 2 Drama 0
Xanthi 1 Giannena 2
Panathinaikos vs. Olympiakos (abandoned)

ITALY

SERIE A

Yesterday's results
Bologna 2 Chievo Verona 2
Cagliari 3 Cesena 0
Catania 1 Lazio 0
Inter Milan 0 Atalanta 0
Lecce 1 Palermo 1
Siena 0 Novara 2
Udinese 2 Napoli 2

NETHERLANDS

EREDIVISIE

Yesterday's results
ADO The Hague 0 Ajax 2
AZ Alkmaar 0 NAC Breda 0
FC Twente 0 Feyenoord 2
FC Utrecht 3 FC Groningen 1
PSV Eindhoven 5 SC Heerenveen 1

SCOTLAND

LEAGUE CUP

Final
Celtic 0 Kilmarnock 1
PREMIER LEAGUE
Hearts 2 Hibernian 0

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Bolton says player remains in critical condition

Soccer. Fabrice Muamba suffered cardiac arrest during FA Cup match with Tottenham

Bolton player Fabrice Muamba was still fighting for his life in intensive care on Sunday night, remaining in critical condition a day after collapsing during a match because of a cardiac arrest.

The 23-year-old midfielder's heart only started beating on its own when he arrived at a London hospital on Saturday night from Tottenham's ground, medics said.

Amid an outpouring of global concern for Muamba's health — from FIFA executives to players at rival clubs — members of the Bolton management team, relatives and friends visited him at London Chest Hospital.

About 24 hours after Muamba collapsed to the field during a game televised to a worldwide audience, Bolton said he remained anesthetized.

"Everybody is praying for Fabrice, which is very important, and that has been a real source of strength to the family," Bolton manager Owen Coyle said outside the hospital. "It's great to be talented at football but it is more important to be a genuinely nice man, and Fabrice is that. We certainly hope he comes through this.

"Our concern is Fabrice and Fabrice only, and that's what all our energy is going into — hopefully a happy outcome."

Muamba collapsed near the midfield line in the 41st minute of an FA Cup quarter-final at White Hart Lane, and paramedics immediately began trying to revive him.

"Fabrice received prolonged resuscitation at the ground and en route to the London Chest Hospital, where his heart eventually started working," Bolton said in a joint statement with the hospital on Sunday.

"As is normal medical practice, Fabrice remains anesthetized in intensive care and will be for at least 24 hours."

That rapid treatment was available at White Hart Lane was the result of changes brought in following a serious head injury to Chelsea goalkeeper Petr Cech in 2006. Paramedics and an ambulance are now required at matches.

There was uncertainty about the causes of the cardiac arrest for Muamba, who was described by former Birmingham manager Steve Bruce as "one of the fittest players I have managed."

THE ASSOCIATED PRESS

Fabrice Muamba STU FORSTER/GETTY IMAGES

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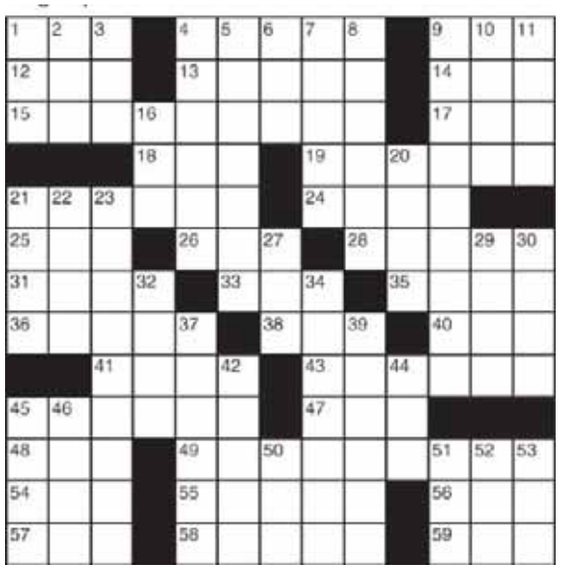
Crossword



Across

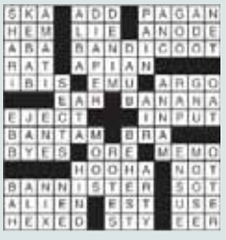
1 Smartphone download
4 Studies hard
9 Golf standard
12 Witness
13 Serf
14 Exist
15 It goes without saying
17 Zero
18 Acapulco gold
19 "Help!"
21 Kermit or Fozzie
24 Lotion additive
25 401(k) alternative
26 Red or Black
28 Power glitch
31 Supermarket stack
33 Knight's address
35 Streamlet
36 Island greeting
38 Unruly group
40 Greek consonants
41 Start from scratch
43 Daredevil's cord
45 Zigzag on the slopes
47 Lingerie item
48 Overactor
49 Praiseful speech
54 Eggs
55 Yonder
56 A Gabor sister
57 — de deux
58 Nymph pursuer
59 Society newcomer

Down

1 Cleopatra's slayer
2 Pod dweller
3 Corral
4 Household tasks
5 TV controls
6 "The Greatest" 7 Mell Lazarus comic strip
8 Filches
9 Catering (to)
10 Operatic solo
11 Depend (on)
16 Upper surface
20 Thy
21 Isinglass
22 Caspian feeder
23 Landscapes
27 Intent
29 Adhesive
30 Otherwise
32 Writer Silverstein
34 Theft
37 Takes as one's own
39 McDonald's offering
42 Nebraska city
44 Aye's opposite
45 Buy stuff
46 Volcanic outflow
50 Trawler need
51 Crimson
52 "— Got a Secret"
53 Taxi

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



Sudoku

	7		4					5
			9				4	8
9	5		6					
	6		3	5		7		9
1		5		6	4		3	
					7		8	6
2	8				6			
6					2		7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	4	3	2	6	7	8	1	5
5	7	6	8	1	4	3	9	2
2	8	1	9	5	3	4	7	6
7	6	9	5	3	8	2	4	1
8	3	2	4	7	1	6	5	9
4	1	5	6	2	9	7	8	3
6	5	4	7	9	2	1	3	8
3	9	8	1	4	6	5	2	7
1	2	7	3	8	5	9	6	4

Send a kiss

- **I know what** If it is you, I, don't you wanna look back on this, this and before, and laugh, wondering why? Wtf was wrong with us? Why were we so shy and afraid? and thanking god we got past that in the end..hope that happens, rather sooner than later. From you really wish for
- **Pascalli.** The last time I saw you was at the library and the time before that I saw you in the internet caffe. I would like to see you again, can you come to me and we can kiss all day. Pascalli where are u, are u in toronto, or elsewhere, until we meet again. Kiss Kiss for u. From Jenn
- **Don't.** Yes I want you in my lif, especially outside of this! I wouldn't still be here if I didn't, and want you say something first, you can't say I haven't before, know your sorry, and swallowed my pride a long time ago, I'm completely shameless now, my feelings for you can't you tell?I swear you won't regret it! I want what I had before again and more! Oh, and you can see me now, you can forever, if you want to. From Second guess

Today 20°/6° Partly cloudy
Tuesday 22°/8° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. What other people think about you is of no importance – the only thing that matters is that you have total self-belief.

Taurus | April 21 - May 21. You may be robust but you have limits like everyone else – not just physical but mental and emotional too.

Gemini | May 22 - June 20. Get other people interested in what you are doing.

Cancer | June 21 - July 22. Don't worry about what your colleagues may be doing, just do what is best for you.

Leo | July 23 - Aug. 22. What are the big questions of your existence? Strive to answer them.

Virgo | Aug. 23 - Sept. 22. Over the next few days you will meet a number of important people, the kind of people who can help you make your dream come true.

Libra | Sept. 23 - Oct. 22. Cosmic activity in your opposite sign of Aries this coming week will have a huge effect on your relationships, so put partners and loved ones first.

Scorpio | Oct. 23 - Nov. 21. No one, but no one can ever be allowed to deny you freedom of speech.

Sagittarius | Nov. 22 - Dec. 21. Life will get rather hectic over the next few days, but in a good way. Cosmic activity in the most creative area of your chart will inspire you to produce some of your finest artistic work.

Capricorn | Dec. 22 - Jan 20. Family and other disputes can and must be resolved today.

Aquarius | Jan. 21 - Feb 18. A couple of friends will take opposing positions today and the potential for conflict is high.

Pisces | Feb. 19 - March 20. The planets indicate quite clearly that over the next few days you are going to have to deal with some kind of financial upheaval. It may be difficult but it certainly isn't a crisis.

SALLY BROMPTON

Caption Contest

"Wow, this hot air balloon sure takes the cake."
Christine

MARK BAKER/ THE ASSOCIATED PRESS

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07 MAZDA CX-7 AWD
LOADED, A/C, AUTO • 77428km
st:32963 • **$16,950** • bw:$182*

11 MAZDA 3
LOADED, A/C, STD • 42996km
st:33506 • **$15,850** • bw:$131***

08 SILVERADO LS 4X4
LOADED, A/C, AUTO • 74005km
st:32149 • **$19,650** • bw:$182**

07 TUCSON V6
LOADED, A/C, AUTO • 65704km
st:33327 • **$11,950** • bw:$128*

09 HONDA FIT
LOADED, A/C, AUTO • 57403km
st:33529 • **$12,960** • bw:$120**

10 IMPALA LT
LOADED, A/C, AUTO • 58836km
st:32452 • **$14,870** • bw:$123***

08 NISSAN VERSA
LOADED, A/C, AUTO • 79141km
st:33535 • **$10,460** • bw:$97**

09 OUTLANDER 4WD
V6, LOADED, A/C, AUTO • 92155km
st:11401-A • **$16,890** • bw:$157**

09 NISSAN XTERRA 4WD
LOADED, A/C, AUTO • 41466km
st:31671 • **$22,860** • bw:$204**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • **$17,980** • bw:$167**

07 LEGACY AWD
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **$15,950** • bw:$171*

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **$9,640** • bw:$89**

10 CHRYSLER 300 TOURING
LOADED, A/C • 68262km
st:33504 • **$15,850** • bw:$131***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **$9,970** • bw:$93**

10 KIA SOUL 4U
LOADED, A/C, ROOF, AUTO • 53986km
st:32895 • **$15,950** • bw:$131***

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **$13,650** • bw:$147*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **$13,750** • bw:$128**

08 MAZDA B2300
A/C • 61594km
st:33422 • **$10,750** • bw:$100**

07 FIVE HUNDRED SEL
LOADED, A/C, AUTO • 106039km
st:32092 • **$9,970** • bw:$107*

08 PONITAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **$13,380** • bw:$124**

07 HYUNDAI SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **$13,870** • bw:$149*

08 CHEVROLET MALIBU LT
LOADED, A/C • 52016km
st:33345 • **$12,470** • bw:$116**

08 MAZDA TRIBUTE 4WD
LOADED, ROOF, LTHR • 92605km
st:33429 • **$13,950** • bw:$129**

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **$17,850** • bw:$192*

11 SUZUKI SWIFT PLUS
LOADED, A/C • 58162km
st:33524 • **$10,950** • bw:$90***

09 CHRYSLER PT CRUISER
LOADED, A/C, AUTO • 61199km
st:32428 • **$8,950** • bw:$83**

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **$13,980** • bw:$130**

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **$12,950** • bw:$107***

08 FORD FUSION SE
LOADED, A/C, ROOF, • 70497km
st:33130 • **$10,750** • bw:$100**

08 FORD TAURUS SEL
LOADED, A/C, AUTO • 90818km
st:32153 • **$11,840** • bw:$110**

09 FORD ESCAPE XLT 4WD
LOADED, A/C, AUTO • 87719km
st:32729 • **$16,460** • bw:$153**

07 VOLKSWAGEN PASSAT
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **$14,870** • bw:$160*

11 CHRYSLER 200
LOADED, A/C • 36288km
st:33503 • **$16,970** • bw:$140***

07 SAVANA CARGO VAN
AUTO • 105491km
st:33057 • **$14,750** • bw:$158*

10 SUZUKI SX4
LOADED, A/C, AUTO • 52490km
st:32918 • **$11,750** • bw:$97***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56383km
st:32974 • **$17,950** • bw:$148***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **$18,850** • bw:$155***

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08 Lincoln MKZ

- AWD, Loaded, A/C, Lthr, Auto
- st: 33380
- km: 89589

$16,880

$157** Bi-weekly

07 Benz ML320 DIESEL

- AWD, NAV, Lthr, Loaded, Roof
- st: 32168
- km: 72545

$29,950

$311* Bi-weekly

08 LandRover LR2 SE

- 4x4, Loaded, A/C, Auto
- st: 32103
- km: 82605

$21,870

$195** Bi-weekly

08 Benz B200

- Loaded, A/C, Auto
- st: 32353
- km: 66500

$16,880

$157** Bi-weekly

08 Lexus IS250

- AWD, Loaded, Roof, Lthr, Auto
- st: 29824
- km: 75146

$27,840

$248** Bi-weekly

09 BMW 323

- Loaded, A/C, Lthr, Roof, Auto
- st: 33127
- km: 51691

$25,850

$231** Bi-weekly

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **$8,450** • bw:$78**

07 PONTIAC G5 SE
LOADED, A/C, AUTO • 93314km
st:33309 • **$5,750** • bw:$62*

07 HYUNDAI ACCENT GLS
LOADED, A/C • 83450km
st:33392 • **$6,850** • bw:$74*

08 NISSAN ALTIMA 2.5S
LOADED, A/C, AUTO • 73130km
st:32193 • **$13,820** • bw:$128**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 65580km
st:33061 • **$12,450** • bw:$103***

07 CHRYSLER SEBRING
LOADED, A/C • 86262km
st:31515 • **$9,680** • bw:$104*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **$14,870** • bw:$160*

11 DODGE AVENGER SXT
LOADED, A/C, ROOF, AUTO • 19250km
st:33491 • **$16,850** • bw:$139***

11 MAXIMA XTRONIC CVT
LOADED, ROOF, LTHR • 34491km
st:32696 • **$27,860** • bw:$220***

08 MINI COOPER
LOADED, A/C, LTHR, AUTO • 71698km
st:32001 • **$14,870** • bw:$138**

07 VOLKSWAGEN GOLF CITY
LOADED, A/C, AUTO • 68512km
st:32278 • **$9,950** • bw:$107*

11 MITSUBISHI LANCER SE
LOADED, A/C, MAGS, AUTO • 37161km
st:33466 • **$16,735** • bw:$138***

07 MAZDA 6
LOADED, A/C • 53218km
st:33478 • **$10,780** • bw:$116*

10 DODGE CHARGER
LOADED, A/C • 57663km
st:33459 • **$15,870** • bw:$131***

08 CHEVROLET COBALT LS
STD • 90824km
st:33403 • **$7,850** • bw:$73**

07 DODGE CALIBRE SXT
LOADED, A/C, AUTO • 82291km
st:31790 • **$8,780** • bw:$94*

11 TRAVERSE LS AWD
LOADED, A/C, AUTO • 45105km
st:32735 • **$27,850** • bw:$219***

07 CHEVROLET OPTRA 5
LOADED, A/C, ROOF • 31417km
st:32802 • **$8,360** • bw:$90*

08 SATURN VUE XR
LOADED, A/C, AUTO • 71309km
st:33473 • **$13,980** • bw:$130**

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, STD • 64009km
st:32268 • **$10,840** • bw:$116*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **$10,650** • bw:$99**

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **$15,940** • bw:$171*

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **$10,950** • bw:$118*

07 MAZDA RX-8 COUPE
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **$16,870** • bw:$181*

06 JEEP TJ SPORT 4X4
A/C, AUTO • 82888km
st:33548 • **$13,850•** bw:$149*

09 TOYOTA MATRIX S AWD
LOADED, A/C, AUTO • 89840km
st:33256 • **$12,950** • bw:$120**

07 VOLVO S40
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **$14,870** • bw:$160*

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **$25,890** • bw:$204***

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